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Tuesday



GETTY IMAGES

Obama will go to the Olympic meetings in Denmark.

Pitchman: Obama to sell Chicago as Olympic host | **3**

Distracted Drivers: Cell use rampant on Beltway | **13**



Mr. Positive:
Zorn tries to stay upbeat after loss to the Lions | **14**

lookout

Diva Diaries:

Mariah Carey's 'Memoirs of an Imperfect Angel' arrives. Plus, a chat with Mari-
anne Faithfull.

>> **26-35**



PATROQUE/AP

Flooding in Philippines Kills 140

SEARCH AND RESCUE: A medical patient trapped during the flooding is evacuated by navy personnel after the floodwaters subsided in suburban Cainta, east of Manila, Philippines on Monday. Residents in the region began to dig out from a massive storm that left 140 people dead, with the toll expected to grow in the coming days. ❖ **Overwhelmed:** Officials seek urgent aid | **Page 11**

Iran's Test Launches Irk West

Military's demonstrations are viewed as a provocation

TEHRAN, IRAN | Iran tested its longest-range missiles Monday and warned they can reach any place that threatens the country, including Israel, parts of Europe and U.S. military bases in the Mideast.

The launch capped two days of war games and was condemned as a provocation by Western powers, which are demanding Tehran come clean about a newly revealed nuclear facility it has been secretly building.

The tests Sunday and again Monday added urgency to a key meeting this week between Iran and the five permanent members of the U.N. Security Council and Germany — an international front seeking clear answers about the direction of its nuclear program.

The United States, Israel and its Western allies, all angered by the tests, fear Tehran is intent on developing an atomic weapons capability and the missiles to deploy such warheads, despite Iran's assurances it is only pursuing civilian nuclear power.

White House press secretary Robert Gibbs called the tests "provocative in nature," adding: "Obviously, these were pre-planned military exercises." (AP)

WITHIN RANGE

Iran's upgraded medium-range Shahab-3 and Sajjil missiles can carry warheads and reach up to 1,200 miles, putting Israel, U.S. military bases in the Middle East and parts of Europe within striking distance.



IS PROMOTING CHICAGO'S OLYMPIC BID A GOOD USE OF OBAMA'S TIME? **A** YES **B** NO

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TUESDAY
70/53



WEDNESDAY
69/52

eyeopeners



DINING

'Meet and Greet' Misinterpreted

A Lewiston, N.Y., high school has been roiled by a hazing ritual that entailed hurling raw meat at new players on the girls' varsity soccer team. Ten Lewiston-Porter High School students were suspended because of the Labor Day weekend incident, officials said Friday. The escapades also involved putting eggs and flour in three or four new players' hair. No one was hurt. (AP)

SINNERS

Ignorance Is (Wedded) Bliss

A Wilmore, Pa., couple still plan to celebrate their 49th wedding anniversary on Oct. 6 even though they recently learned their marriage paperwork was never filed. Frank and Betty Skrout learned of the problem when she applied for pension benefits and was told she was single. The Skrouts are working with the church where they were married to fix the problem. (AP)



NIK RHYNES/LAS CRUCES SUN-NEWS/AP

STUNTS

The Whole You Know The Rest

Fourteen volunteers carry an oversized tortilla — claimed to be the world's largest — for an enchilada during the 2009 The Whole Enchilada Fiesta in Las Cruces, N.M., on Sunday. The giant food item requires 750 pounds of stone-ground corn, 175 gallons of vegetable oil, 75 gallons of red chile sauce, 175 pounds of grated cheese and 50 pounds of chopped onions. (EXPRESS)

PUBLIC ART

"[It] looks like Homer has had a really bad day cooking in the kitchen."

— **BILL WOODS** — CHAIRMAN OF THE SPRINGFIELD, NEW ZEALAND, TOWNSHIP COMMITTEE — ON FIRE DAMAGE INFLECTED ON THE TOWN'S GIANT DOUGHNUT SCULPTURE, DONATED BY THE MAKERS OF "THE SIMPSONS."



CELEBRATIONS

Other Amendments Feel Left Out

A candidate to be South Carolina's next National Guard leader swapped fiery speeches for firepower, launching his campaign with what he called a "machine-gun social" in Greenville. About 500 people came out to a shooting range Saturday for Republican Dean Allen's political rally. Attendees paid \$25 for barbecue, a clip of bullets for target practice and the chance to win a semi-automatic AK-47. Whoever wins the rifle will have to undergo a background check. Allen says he is an Army veteran who wanted to celebrate Second Amendment rights. (AP)



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Facebook Poll Probed As Threat

Site removes survey about assassinating President Obama

WASHINGTON | The U.S. Secret Service is investigating an online survey that asked whether people thought President Obama should be assassinated, officials said Monday.

The poll, posted Saturday on Facebook, was taken off the popular social networking site quickly after company officials were alerted to its existence.

But, like any threat against the president, Secret Service agents are taking no chances.

"We are aware of it, and we will take the appropriate investigative steps," said Secret Service spokesman Darrin Blackford on Monday. "We take these things seriously."

The poll asked respondents "Should Obama be killed?" The choices: No, Maybe, Yes, and Yes if he cuts my health care.

The question was not created by Facebook but by an independent person using an add-on application that has been suspended from the site. (AP)

Obama Going to Bat for Olympics

President will travel to Denmark to give Chicago's final pitch

COPENHAGEN | President Obama is hitting the campaign trail again.

Obama is going to Copenhagen after all, joining first lady Michelle Obama to support Chicago's bid for the 2016 Olympics. Obama plans to leave Washington on Thursday, senior adviser Valerie Jarrett told The Associated Press on Monday, getting to Denmark in time to be part of his adopted hometown's final presentation to the International Olympic Committee.

"His physical presence just magnifies all of what he's been saying," Chicago 2016 chairman Pat Ryan said, a big smile on his face. "It just puts a huge exclamation point on the support of the bid and the support of the Olympic movement and the respect for the movement and the respect for the IOC members themselves."

The question remains whether his presence will give Chicago the edge over Madrid, Tokyo and slight favorite Rio de Janeiro in



President Obama jousts with a fencer during a Sept. 16 event at the White House promoting Chicago's bid for the 2016 games. He'll travel Thursday to Copenhagen.

Friday's vote.

The contest is tight, with the decision expected to come down to a few votes. While IOC president Jacques Rogge has taken great pains to say government leaders aren't expected to make an appearance, their presence has been

instrumental in recent votes.

Obama will have little, if any, time to meet personally with IOC members — but his wife will. She plans to spend Wednesday and Thursday meeting individual members, and Jarrett sat down with former British prime

FINISHING TOUCH

World leaders' meetings with the IOC has paid off recently:

THEN-BRITISH P.M. TONY BLAIR

invited IOC members to his hotel suite for one-on-one meetings, and his sincerity made a huge impression on voters ahead of the vote for the 2012 games.



THEN-RUSSIAN PRESIDENT

VLADIMIR PUTIN followed Blair's

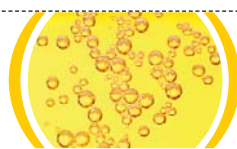
lead in support of Sochi's bid for the 2014 Olympics. He even broke with his usual practice of speaking Russian, delivering his portion of the final presentation in English.



minister Tony Blair last week for advice on how best to navigate the process.

"One conversation or one example or illustration that connects could make the difference," Michelle Obama said.

NANCY ARMOUR (AP)



SENSES Bubbly Cheers Don Ho was right: It is the tiny bubbles. A team of researchers — in Europe not surprisingly — found that champagne's bursting bubbles not only tickle the nose; they create a mist that wafts the aroma to the drinker. "In a single champagne glass, there is as much food for the mind as pleasure for your senses," said researcher Gerard Liger-Belair of the University of Reims Champagne-Ardenne in France. In the 1966 hit, Ho sings, "Tiny bubbles, in the wine, make me happy, make me feel fine." (AP)

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Clinical Research Study

Nation

Charges in Chicago Beating

Three teens are held in killing of student in after-school fight

CHICAGO | Three teenagers were charged Monday in the beating death of a 16-year-old Chicago honor roll student on his way home from school, a melee captured on a cell phone video that shows a group striking him with boards and kicking him as he lay on a sidewalk.

The death of Derrion Albert, a sophomore at Christian Fenger Academy High School, on Thursday has reignited community outrage over chronic violence involving city



Someone swings a wooden plank during the fatal fight in Chicago last week.

students. More than 30 students were killed in 2008, according to district figures, and the city could exceed that toll in 2009.

Prosecutors charged Silvonus Shannon, 19; Eugene Riley, 18; and

Eric Carson, 16, with first-degree murder, and they were ordered held without bond on Monday, said Andy Conklin, a spokesman for the Cook County prosecutor's office.

The violence stemmed from a shooting early Thursday morning involving two groups of students, said a spokeswoman for the Cook County prosecutor's office. When school ended, members of the two groups began fighting.

The video of the attack shows Albert being struck on the head by one of several young men wielding wooden planks. After he falls to the ground and appears to try to get up, he is struck again and then kicked. KAREN HAWKINS (AP)



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U.S. Income Gap Jumps Sharply

Census figures show widening disparity caused by recession

WASHINGTON | The recession has hit middle-income and poor families hardest, widening the economic gap between the richest and poorest Americans as rippling job layoffs ravaged household budgets.

The wealthiest 10 percent of Americans — those making more than \$138,000 each year — earned 11.4 times the roughly \$12,000 made by those living near or below the poverty line in 2008, according to newly released census fig-



People stand in line for a recent job fair in Baltimore as the economy gap increases.

3.6

The percentage by which income at the 50th percentile decreased between 2007 and 2008, compared with 2.1 percent at the 90th percentile.

\$85,003

The median income of Plano, Texas, the highest among larger cities. The lowest was Cleveland at \$26,731.

ures. That ratio was an increase from 11.2 in 2007 and the previous high of 11.22 in 2003.

Household income declined across all groups, but at sharper percentage levels for middle-

income and poor Americans. Median income fell last year from \$52,163 to \$50,303, wiping out a decade's worth of gains to hit the lowest level since 1997.

Poverty jumped sharply to 13.2 percent, an 11-year high.

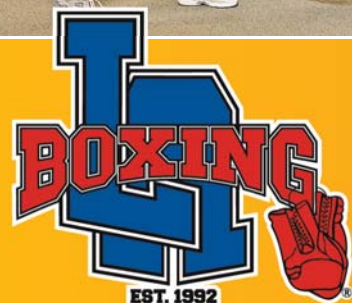
Analysts attributed the widening gap to the wave of layoffs in the economic downturn that have devastated household budgets. They said while the richest Americans may be seeing reductions in executive pay, those at the bottom of the income ladder are often unemployed and struggling to get by.

"No one should be surprised at the increased disparity," said Richard Freeman, an economist at Harvard University. "Unemployment hurts normal workers who do not have the golden parachutes the folks at the top have." (AP)

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Nation

Pa. Teen Admits Taping Cat

‘Sticky’ in good health after being wrapped in duct tape last week

PHILADELPHIA | Investigators say a Philadelphia teenager wrapped a gray tabby cat in duct tape, put it in a shopping bag and left it in a neighbor's backyard.

The Pennsylvania Society for the Prevention of Cruelty to Animals says 19-year-old James Davis was arrested Saturday on animal cruelty charges.

PSPCA official George Bengal



A cat was wrapped in duct tape and left in a neighbor's yard in Philadelphia.

says Davis admitted to taping up the cat from neck to tail after he spotted it in his yard Sept. 21.

Animal welfare workers nicknamed the cat “Sticky.” It was dehy-

drated and had to be sedated while the tape was cut off its fur.

Animal welfare workers are seeking Sticky's owner. The cat is doing well.

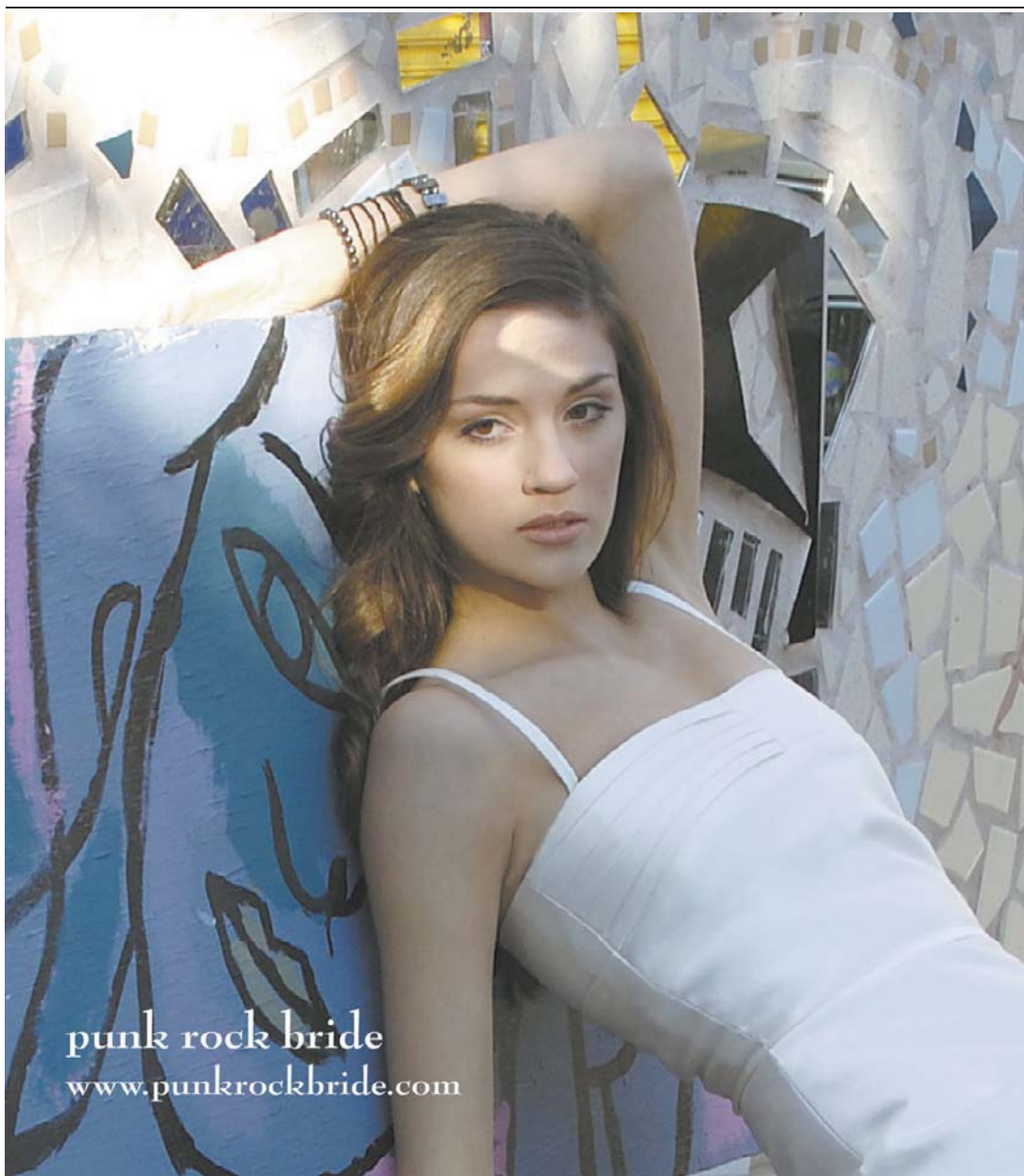
Davis faces up to two years in prison and a minimum

\$1,000 fine if he is convicted.

A phone number for Davis could not immediately be found. It was unclear whether he had an attorney. (AP)



Davis



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In Brief

UNITED NATIONS
Cuba Ready to Normalize
Relations With Washington

Cuba told the United Nations Monday that the communist regime is ready to normalize relations with the United States and will work with Washington in the meantime on other issues such as fighting drug smuggling. Foreign Minister Bruno Rodriguez said that Cuba had approached the U.S. government with "a set of essential topics" it considers imperative to improving bilateral ties, including ending the current immigration policy. (AP)



Police arrest a man who had protested against Guinea's coup leader Monday.

CONAKRY, GUINEA
Soldiers Fatally Shoot
10 People During Protest

Soldiers fired into a crowded stadium where demonstrators had gathered to protest against the nation's coup leader Monday, killing at least 10 people. Opposition parties had organized the protest of about 50,000. Tensions have risen amid rumors that military leader Capt. Moussa "Dadis" Camara may run in presidential elections on Jan. 31. (AP)

ANKARA, TURKEY
Swarm of Bees Overwhelms
Rescuers After Van Crash

A van carrying beehives crashed into a truck on Monday, and huge swarms of bees broke free and stung the injured and rescue workers at the scene. In the end, about 20 people were taken to hospitals, six of them injured in the crash and the rest rescue workers who were stung by the bees, said the state-run Anatolia news agency. (AP)

Honduras Silences Broadcasters

Officials shut down dissident outlets; later vow to end emergency

TEGUCIGALPA, HONDURAS | Honduras' coup-installed government silenced two key dissident broadcasters on Monday just hours after it suspended civil liberties to prevent an uprising by backers of ousted President Manuel Zelaya.

Dozens of soldiers raided the offices of Radio Globo. Officials also shut down the Channel 36 television station, leaving it broadcasting only a test pattern.

Rene Zepeda, a spokesman for the interim government, said the two outlets had been taken off the air in accordance with a government emergency decree announced late Sunday that limits civil liberties and allows authorities to close news media that "attack peace and public order."

Supporters of the deposed leftist president vowed to march in the streets Monday in defiance of the emergency order and carry out what Zelaya calls a "final offensive" against his ouster on the three-month anniversary of the coup.



Yolanda Chavarria, 80, stands in front of police at a rally to support ousted Honduran President Manuel Zelaya on Monday.

"They took away all the equipment. This is the death of the station," said Radio Globo owner Alejandro Villatoro, describing the dawn raid on the station.

Station employees scrambled out of an emergency exit to escape the raid that Villatoro said involved

as many as 200 soldiers.

He said the office remained surrounded by soldiers. It was the second time soldiers have barged into the station; the first was June 28, the day Zelaya was ousted.

Protesters tried to demonstrate in the Honduran capital later in

the day, but riot police surrounded them and prevented them from marching.

On Monday afternoon, interim President Roberto Micheletti said an emergency decree restricting civil liberties for 45 days will soon be lifted. MARK STEVENSON (AP)

Chavez, Gadhafi Strengthen Ties

Venezuelan, Libyan leaders find common ground at meeting

PORLAMAR, VENEZUELA | Moammar Gadhafi and Hugo Chavez are strengthening their relationship and finding common ground as two radical former military men who both want to challenge the "imperialism" of wealthy nations and aspire to speak for many poor nations.

The Libyan and Venezuelan leaders were expected to meet one-on-one on Monday, although no public events were announced.

Chavez and Gadhafi led a weekend summit where South American and African leaders pledged to strengthen links between the continents. Chavez made diplomatic inroads while offering African countries Venezuela's help in oil projects, mining and financial assistance.

Gadhafi, who is making his



Moammar Gadhafi, left, and Hugo Chavez, wave at a summit in Venezuela.

first visit to Latin America, said the two regions should unite to wield more influence and form a defense alliance, a "NATO for the South" — calling it "SATO."

"Those who were betting on NATO, we now say to them that we're going to bet on SATO," Gadhafi said during the summit. "We're going to have our treaty, too."

Chavez, a former army paratroop commander, says the United States poses the greatest potential threat to Venezuela, and has raised the idea of a South Atlantic defense bloc with other allies in the past. IAN JAMES (AP)

850

THE NUMBER OF previously unknown underground species scientists have identified in Australia, *Livescience.com* reported. The insects, crustaceans, spiders and worms are mostly blind and lack pigment, and live in subterranean water, caves and micro-caverns in the Australian outback. Scientists believe the creatures represent only one-fifth of the number of creatures that live in Australia's soil.

French Stand by Polanski

Government officials defend filmmaker after weekend arrest

PARIS | Was Roman Polanski “thrown to the lions because of ancient history?” That’s what France’s culture minister says, and many French people agree.

France has rushed to the filmmaker’s defense since he was arrested this weekend in Switzerland on a three-decade-old U.S. charge of having sex with a 13-year-old girl. French government ministers and France’s cultural world have lauded Polanski as a great artist, a family man and a survivor of countless hardships who deserves peace at age 76.

There’s a gulf between how Polanski is seen in France and by many outside the entertainment world in the U.S.: In Paris, he’s not a fugitive wanted for a sex crime but rather a revered artist who has never had much reason to hide.

While Polanski would have risked arrest to attend the 2003 Academy Awards in Los Angeles — where he was named best



A woman signs a petition in support of filmmaker Roman Polanski on Monday in Paris. Many French people are upset by Polanski’s weekend arrest in Switzerland.

director for “The Pianist” — he is free to walk the red carpet at every Cannes Film Festival.

Polanski — who has dual French and Polish nationality and who has lived in France since he fled the U.S. in 1978 — has long been protected by France’s refusal to extradite its citizens. But there’s more to it than that: France’s indulgence toward artists has played into the overwhelming sympathy for him, as has the French distaste for peering into

public figures’ private lives.

French Foreign Minister Bernard Kouchner called Polanski’s arrest “sinister,” adding: “A man of such talent, recognized in the entire world, recognized especially in the country that arrested him — all this just isn’t nice.”

Polanski’s lawyer said Monday that the director is in a “fighting mood” and will battle U.S. attempts to have him extradited from Switzerland to California.

ANGELA DOLAND (AP)

No Charges vs. Zimbabwe Activist

Court rules defendant cannot be tried due to rights violations

HARARE, ZIMBABWE | A prominent human rights activist and her co-accused cannot be tried — now or in the future — on terror charges because they were beaten and tortured in jail, Zimbabwe’s Supreme Court ruled Monday.

Chief Justice Godfrey Chidyausiku said the court was issuing a permanent stay of prosecution in the case of Jestina Mukoko and eight other defendants because their constitutional rights had been violated.

Such a ruling from judges



Zimbabwean human rights activist Jestina Mukoko leaves court Monday.

appointed by longtime President Robert Mugabe could signal a new willingness on his part to meet demands for reform from Prime Minister Morgan Tsvangirai, his partner in the country’s troubled unity government. But in a coun-

try that seems to lurch from promising to perilous from day to day, trends are difficult to spot.

Innocent Gonesse, a member of parliament from Tsvangirai’s party, said the judgment could be “the beginning of good things to come, politically,” but added that scores of other party activists remain jailed or face charges.

Richard Smith, a South Africa-based human rights activist, said the ruling could show an emerging streak of independence among judges known for taking orders from Mugabe’s ZANU-PF party.

Mukoko sobbed with joy in the courtroom, telling reporters it was a “happy day for me and my family.” CHENGETAI ZVUAUVA (AP)

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World

Bomb Attacks Kill 18 People in Iraq

**Increase in violence
occurs as businesses
reopen after holiday**

BAGHDAD | A string of bombings killed at least 18 people across Iraq on Monday, shattering a relative lull in violence during the celebration that marks the end of the Islamic holy month of Ramadan.

The blasts primarily targeted Iraqi security forces, which have been the focal point of insurgent attacks since U.S. troops pulled out of Iraq's cities at the end of June.

The uptick in violence also comes as the country's shops and schools reopened after the Eid holiday that follows the end of the Muslim holy month.

The deadliest attack Monday occurred in Ramadi, about 70 miles west of Baghdad, when a suicide bomber slammed a tanker

truck packed with explosives into a police post, killing at least seven people and wounding 16 more, a security official said.

The official spoke on condition of anonymity because he was not authorized to release the information.

Witnesses said the truck exploded near the front gate of the post, which is home to one of seven police battalions in the area, setting cars and trucks on the base on fire.

"It is like an earthquake occurred in this place," a police official said, speaking on condition of anonymity because he was not authorized to speak to the media.

The news came as the U.S. military freed another 35 members of a group linked to the abduction of five British citizens from Iraq's Finance Ministry in 2007, a representative for the faction said.

CHELSEA J. CARTER (AP)

GERMANY | CURIOUS CALF



NEW TO THE ZOO: A newborn rhinoceros examines a ball in her indoor enclosure at a zoo in Muenster, Germany, on Monday. The rhino calf, born on Sept. 20, was rejected by her mother and will now be raised by the zookeepers.

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Philippines Seeks Aid After Flood

Storm's death toll hits 140 as officials call for international help

MANILA, PHILIPPINES | Rescuers pulled more bodies from swollen rivers Monday as residents started to dig out their homes from under carpets of mud after flooding left 140 people dead in the Philippine capital and surrounding towns.

Overwhelmed officials called for international help, warning they may not have sufficient resources to withstand another storm that forecasters said was brewing east of the island nation and could hit as early as Friday.



People search for reusable items amid debris and cars wrecked by floodwaters in Marikina City, Philippines, on Monday. Another storm could hit the island on Friday.

JAY DIRECTO/AFP/GETTY IMAGES

Authorities expected the death toll from Tropical Storm Ketsana, which scythed across the northern Philippines on Saturday, to rise as rescuers penetrate villages blocked off by floating cars and other debris.

The storm dumped more than a month's worth of rain in just 12 hours, fueling the worst flooding to hit the country in more than 40 years. At least 140 people died, and 32 are missing.

Troops, police and volunteers have already rescued more than 7,900 people, but unconfirmed reports of more deaths abound, Defense Secretary Gilbert Teodoro said. TERESA CERJOJANO (AP)

Woman Who Inspired Beatles Song Dies in U.K.

LONDON | Lucy Vodden, who provided the inspiration for the Beatles' classic song "Lucy in the Sky With Diamonds," has died after a battle with lupus. She was 46.

Her death was announced Monday by St. Thomas' Hospital in London, where she had been treated for the chronic disease for more than five years, and by her husband, Ross Vodden. Britain's Press Association said she died last Tuesday.

Vodden was friends with Julian Lennon, John Lennon's son. As a 4-year-old, Julian Lennon drew "Lucy in the sky with diamonds." (AP)

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Honk if You Hate Speed Humps

D.C. residents conduct noise protests against anti-speeding devices

There are moments in life when it's time to step up and show solidarity, and Sean Duffy believed that moment had arrived one recent night as he drove along a peaceful, leafy street in one of Washington's most prestigious neighborhoods.

Duffy beeped his horn once — honk! — a second time — honk! — then a third — honk! It was his way of choosing sides in a not-so-civil war that has erupted among the lawyers, journalists, policymakers and wonks of Chevy Chase.

A grand total of three speed humps — three of the latest to pop up in D.C. Mayor Adrian M. Fenty's citywide blitz to sedate traffic.

"It's petty, and it's personal," said Kip Joseph Crecca, 43, a Chevy Chase resident. "It's war."



The number of speed humps in D.C. since Mayor Adrian Fenty took office has risen from 100 to 868. D.C. officials say they've received nothing but positive feedback.

Since Fenty took office, the number of speed humps in Washington has soared from about 100 to 868.

The need for humps — mounds of asphalt piled as high as four inches — evolved with the District's recent prosperity, city

officials say.

"Like a lot of major cities, we have seen a real renaissance. We have people moving back; you have people having children in the city," said Gabe Klein, director of the D.C. transportation department. "Pedestrian safety has become a very big issue." Klein contends that "we get nothing but positive feedback about speed humps."

Not quite. In Cleveland Park, a candidate for the citizens association's board, Mike Rosewell, has urged residents to toot their horns to protest new speed humps on New-ark Street NW.

Len Oliver, 75, a consultant who has joined in the honking there, imagines his neighborhood becoming an obstacle course if humps continue to proliferate.

"No one would want to move to Humpville," he said. "It's ugly." PAUL SCHWARTZMAN (THE WASHINGTON POST)

D.C. Mayor Commends Graham

Mayor Adrian M. Fenty praised D.C. Council member Jim Graham, D-Ward 1, at a public event in Columbia Heights Monday morning, even as Graham continues to be battered with questions about



Graham

last week's arrest of his chief of staff.

Fenty and Graham both attended the grand opening of the new fountain and plaza in the

heart of the redeveloped Columbia Heights business and entertainment district on 14th Street NW.

During his remarks, Fenty said Graham deserves credit for helping to turn the once-stagnant corridor into one of the city's most bustling retail and residential communities.

"Columbia Heights has come a long, long way in the 10 or 11 years he has been in office," Fenty said.

TIM CRAIG (THE WASHINGTON POST)

3,096

THE NUMBER OF RIDES provided by the Commuter Connections program last year — the most in more than a decade of operation. The idea behind the program, which began in 1996, gives commuters free rides home in emergencies. More than 11,000 metropolitan-area residents are signed up for the service. Each person can receive up to four rides annually. (AP)

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Local

AAA: Beltway Cell Use Is Rampant

Research shows more than half of the road's drivers are distracted

If you're driving on the Capital Beltway in heavy traffic, chances are a driver in the next lane, directly ahead of you or in your rearview mirror is reading or writing a text message, officials in Virginia said Monday.

"If you think you're safe on the Capital Beltway, think again," said Lon Anderson, a spokesman for the American Automobile Association. "We have an epidemic of distracted driving out there."

Anderson joined Virginia officials and police Monday in the first of several events this week that will address the use of cell phones and text messaging on the nation's highways. U.S. Transportation Secretary Ray LaHood will host a two-day



LINDA DAVIDSON/TWP

Virginia officials highlighted the danger of phone use in highway work zones.

seminar on the subject beginning Wednesday in Washington.

Monday's event sought to emphasize the particular danger of cell phone use in highway work zones. Anderson said research by AAA has found that more than half of Beltway drivers are distracted by cell phone use, and that those drivers are twice as likely to have an accident or a "near miss." ASHLEY HALSEY III (THE WASHINGTON POST)

The Lotteries

Monday, Sept. 28

DISTRICT

Mid-day Lucky Numbers	3-8-9
Evening Lucky Numbers (Sun.)	8-8-9
Mid-day DC 4	6-3-6-9
Evening DC 4 (Sun.)	3-2-4-8
Mid-day D.C. Five	0-8-6-2-7
Evening D.C. Five (Sun.)	3-3-4-0-1
Daily 6 (Sun.)	4-14-15-34-36-38 (35)

All winning numbers are official only when validated at a lottery ticket location or a lottery claims office

MARYLAND

Mid-day Pick 3	6-3-2
Evening Pick 3 (Sun.)	9-5-2
Mid-day Pick 4	3-0-7-6
Evening Pick 4 (Sun.)	9-2-7-7
Match 5 (Sun.)	6-22-30-32-38 (17)

VIRGINIA

Mid-day Pick 3	9-2-4
Evening Pick 3 (Sun.)	5-3-4
Mid-day Pick 4	7-9-7-2
Evening Pick 4 (Sun.)	2-7-9-8
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Evening Cash 5 (Sun.)	3-15-21-29-32

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Zorn Positive on the Big Picture

Redskins coach says team issues a matter of fine-tuning details

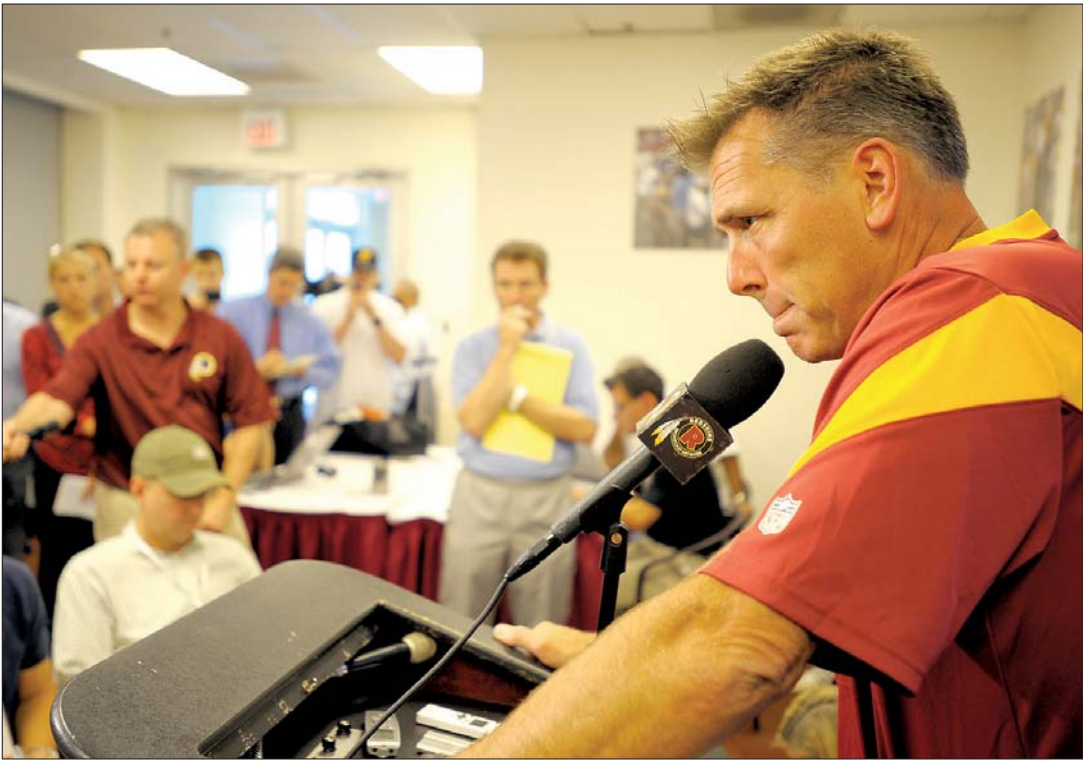
REDSKINS | The scene was surreal, showing signs of a disconnect between players and coach.

On the day after the Washington Redskins infamously became the team that broke the Detroit Lions' losing streak, veterans spent 45 minutes or so in the locker room expressing big-picture concerns — attitude, approach, overconfidence, unity, identity — stuff that goes beyond executing the X's and O's in a game plan.

Minutes later, coach Jim Zorn stood behind his lectern for his weekly news conference. He downplayed his players' comments, put a premium on the need to "fine-tune" the X's and O's and declared: "In the big picture, I think things are progressing."

Coach in denial? Or just a coach on the hot seat determined to stay calm and stay the course, even as questions about his job security continue to mount?

For the record, the big picture, at least as of this week, shows the Redskins settling among the dregs of the NFL, losing to the Lions after winning without a touchdown over the St. Louis Rams. If nothing else, according to linebacker London Fletcher, this should put an end to any thoughts among his teammates



Redskins coach Jim Zorn said Monday, "In the big picture, I think things are progressing. We're going to continue to press on."

about the Redskins' being "one of the elite teams" in the NFL.

"Maybe guys tend to think that, and that you can just show up," Fletcher said. "That's not the case."

When the locker room doors were shut and it came Zorn's turn to speak, it sounded almost as if he were coaching some other team.

Are there some big-issue problems that go beyond blocking, running and tackling?

"I don't believe there is," Zorn answered. "In the big picture, I think things are progressing. We're getting better. It's not coming in the win. We're going to continue to press on and take care of those details."

Does he think he could lose the locker room?

"I would be really surprised," he said. "I think we have excellent men in that locker room."

JOSEPH WHITE (AP)

REDSKINS INSIDER

Haynesworth to Have MRI on Injured Hip

DEFENSIVE TACKLE Albert Haynesworth was not at Redskins Park on Monday; instead he traveled to Tennessee for an MRI on his strained hip flexor. "He actually has a strained glute," coach Jim Zorn said. "It's high up on his hip. I think he's going to be fine." Haynesworth suffered the injury in the second quarter of Sunday's loss to the Lions in Detroit. He returned to play in the second half and said afterward, "I didn't feel like myself." (THE WASHINGTON POST)



Read More: For the latest on the Redskins, visit washingtonpost.com.


SPEAKING OUT | REDSKINS PLAYERS TACKLE WHAT'S WRONG

“We’re not a great football team — never have been since I’ve been here — and it hasn’t been in a long time, since, what, the ‘80s?”



—LONDON FLETCHER

“Individuals don’t win championships, don’t win playoff games. Teams do. That’s what we’ve got to do. We’ve got to become a team.”



—FRED SMOOT

“It’s surprising to me that we as a team couldn’t come out and pound and jump on these guys from start to finish. It puzzles me, too.”



—DEANGELO HALL



NFL No Hometown Love The winless Tampa Bay Buccaneers have benched starting quarterback Byron Leftwich and replaced him with second-year pro Josh Johnson. Coach Raheem Morris made the move Monday, a day after the Bucs fell to 0-3 while gaining just 86 yards total offense in a 24-0 loss to the New York Giants. Leftwich completed seven of 16 passes for 22 yards and one INT. Morris said he was not blaming the loss on Leftwich but thinks Johnson has earned a chance start Sunday at Washington. (AP)

Swengali

WIZARDS | BY MATT SWENSON

Arenas Becomes Seriously Boring

THERE'S NO JOY in Mudville these days.

Maybe it's the Redskins' losing to the lowly Lions, but Gilbert Arenas looked absolutely morose at the Wizards media day on Monday.

Speaking to Washington reporters for the first time since blasting his team for not saving him from himself when rehabbing from his knee injuries, Arenas was Agent Zero — as in no smiles.

Arenas the entertainer, as we knew him, is dead. Now he's Mr. Serious.

Arenas the entertainer, as we knew him, is dead. Now he's Mr. Serious.

The blogging is gone, and so is the tweeting. There's no word on the halftime online gambling, but one would assume those days are over, too.

The mercurial star says he's just focused on playing 82 games, and everything else will take care of itself.

At the same time, Arenas noted that everyone has to be themselves. Perhaps he forgot to include an exception. It's the All-Star guard's personality to be goofy.

His body language suggests he's tired of being an NBA superstar.

Can Arenas maintain his boring personality all year? Only if the season is not going well.

The old Arenas will have to step up to the plate for Washington to succeed. One thinks this should happen as he remembers how fun it is to be Agent Zero on a winning team.

AP's Top 10

1 FLORIDA: Good time for a bye after Tim Tebow's concussion.

NEXT GAME: AT LSU, OCT. 10

2 TEXAS: Colt McCoy is completing 71 percent of his passes.

NEXT GAME: VS. COLORADO, OCT. 10

3 ALABAMA: All four wins have been by double digits so far.

NEXT GAME: AT KENTUCKY, OCT. 3

4 LSU: Survived a major scare at Mississippi State last weekend to stay undefeated.

NEXT GAME: AT NO. 18 GEORGIA, OCT. 3

5 BOISE STATE: An early top 5 ranking aids any hopes of reaching the BCS title game.

NEXT GAME: VS. UC-DAVIS, OCT. 3

6 VIRGINIA TECH: Made a statement with a blowout victory over Miami.

NEXT GAME: AT DUKE, OCT. 3

7 SOUTHERN CAL: Success seems to hinge on the health of freshman QB Matt Barkley.

NEXT GAME: AT NO. 24 CALIFORNIA, OCT. 3

8 OKLAHOMA: Is this the week San Bradford returns?

NEXT GAME: AT NO. 17 MIAMI, OCT. 3

9 OHIO STATE: Penn State's loss clears a path to Big 10 title.

NEXT GAME: AT INDIANA, OCT. 3

10 CINCINNATI: Is this Ohio's best team this year?

NEXT GAME: AT MIAMI (OHIO), OCT. 3

Hokies Draw Attention With Win

Va. Tech will not be an afterthought again after routing Miami

HOKIES FOOTBALL | All week long, Virginia Tech felt like an afterthought.

It was the next team in the crosshairs for fast-rising Miami, the one against whom the Hurricanes would emphatically demonstrate their return to the college football elite.

And then they played the game.

"It was a setup," Hokies defensive coordinator Bud Foster said after his defense rattled Jacory Harris early and dominated throughout in Virginia Tech's 31-7 victory Saturday.

"I talked to a couple of their coaches. I was just being kind, and I said, 'I hope your kids weren't buying into all this stuff,' knowing that it's hard not to," Foster said.

"That's got to be a distraction. It really does."

This is also the kind of scenario the Hokies' coaching staff



DON PETERSEN/AP

Virginia Tech had plenty to celebrate after defeating Miami 31-7 at Lane Stadium, raising the Hokies' AP ranking to No. 6.

has learned to use to its advantage for years, making the players feel slighted even though they have won three of the past five ACC championships and are perennially ranked in the top 15 or higher.

It won't likely be an issue again. The Hokies' dominating victory lifted them five spots to No. 6 in the top 25 after a wild weekend and sent Miami tumbling out of the top 10.

"It's a fact that you didn't hear

a lot about Virginia Tech this week," coach Frank Beamer said. "You heard a lot about Miami this week, and rightfully so, but I'm proud of our guys. I'm proud of what we're all about here at Virginia Tech." HANK KURZ JR. (AP)



COLLEGE FOOTBALL Late-Hit Penalty Texas Tech players have been banned from having Twitter pages. Coach Mike Leach announced the move Monday after one of his linebackers noted the coach's tardiness to a Sunday meeting, a day after the Red Raiders lost 29-28 to No. 12 Houston. According to the Lubbock Avalanche-Journal, linebacker Marlon Williams asked on his Twitter account why he was still in a meeting room when "the head coach can't even be on time." That tweet has been deleted. (AP)

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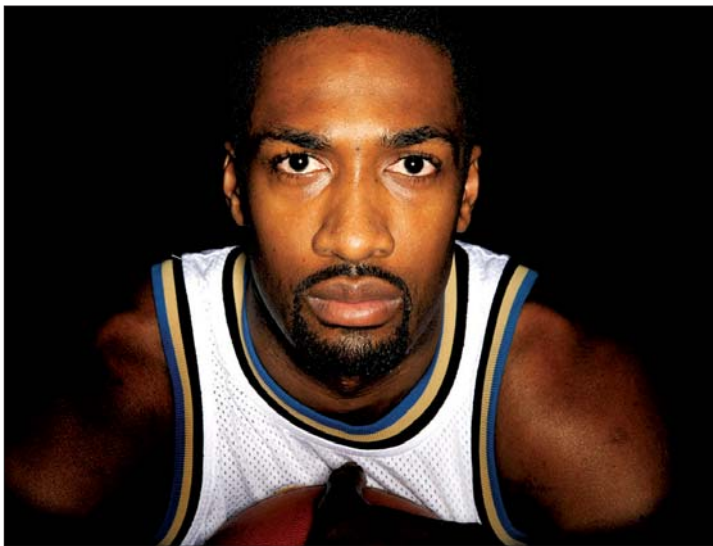
No More Mr. Nice Guy for Arenas

Wizards guard vows a more businesslike persona on the court

WIZARDS | Agent Zero had a lot to say about talking less.

Gilbert Arenas arrived for the Washington Wizards' mandatory media day Monday declaring he doesn't want to be judged by his words anymore. Then he spoke for 30 minutes.

"I'm 27 now. I'm not the entertainer anymore," said Arenas, whose blog was once among the most entertaining NBA fixtures on the Internet. "I wouldn't be here today if there wasn't a big



JONATHAN NEWTON/TWP

Arenas said: "I don't feel like speaking anymore. I just want to go out there and play."

Flip's Winning Touch

→ In teaching Washington how to win again, new Wizards coach Flip Saunders will pass along the lessons he's learned in 30 years in pro basketball | **Today's Sports**

 **washingtonpost.com**

fine. I don't feel like speaking anymore. I just want to go out there and play.

"If I'm not going to get fined, I don't think you're going to hear me again. I don't have a blog. I don't have a tweeter. When I was entertaining, all you guys focused on was my words. Now I'd rather you just focus on my basketball."

Arenas said little about the last two seasons, when three operations on his left knee limited him to 15 games. He stood by his recent comments in which he blamed the team for letting him rush back from his prior rehabs. But he wouldn't elaborate.

Arenas and the Wizards open training camp Tuesday in Richmond, Va. He said returning to a veteran team with a new coach and offense won't be an easy assimilation.

Can Arenas lead the Wizards back to the postseason after just 19 victories last season?

"We don't know what we have yet," he said. "We have a whole new coach, a whole new system, a whole new philosophy."

But, maybe, the same old Arenas. (AP)

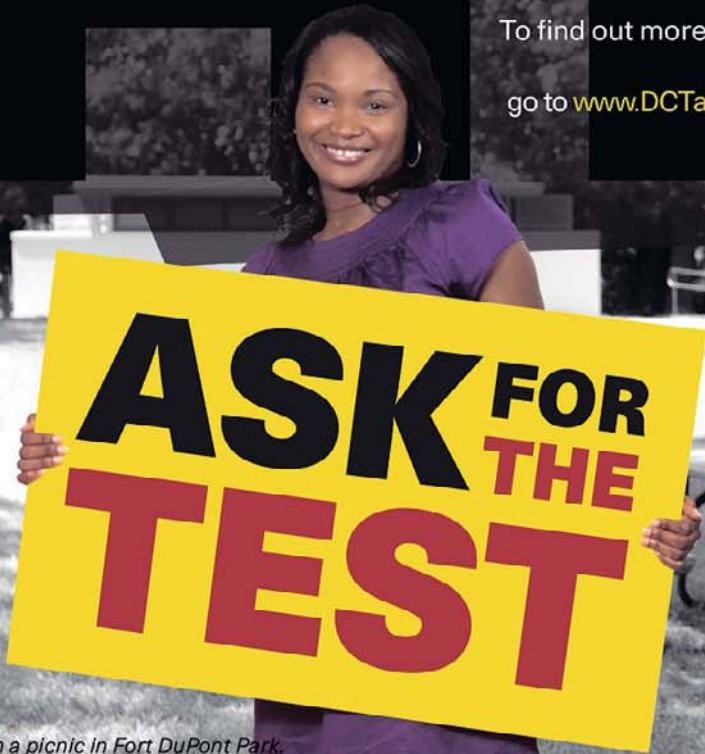
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For more information, please contact our office at 301-984-8800.

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• **research@sleepdoc.com**

The Center for Sleep & Wake Disorders
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Sports

In Brief



Florida players attend to Tim Tebow after the QB suffered a concussion.

COLLEGE FOOTBALL
Tebow Expected to Face LSU Despite Concussion

Florida coach Urban Meyer says he thinks quarterback Tim Tebow will play in the top-ranked Gators' next game, against No. 4 LSU on Oct. 10. Meyer said Monday that Tebow has a headache but is eating well. He thinks — but doesn't know — that his star player will be ready to go against the Tigers. (AP)

TORRINGTON, CONN.
UMd. Basketball Player Charged With Assault

Jordan Williams, a former Connecticut high school basketball star now playing for the University of Maryland, has been charged with assault in his hometown. Torrington police say the 18-year-old, a 6-foot-10 freshman forward, is one of five teenagers arrested for an alleged assault on Aug. 8. (AP)

TODAY'S TV LINEUP

NATIONALS (7 P.M. ON MASN) The Nats host the Mets in their second-to-last home game of the year.

ORIOLES (7 P.M. ON MASN2) The O's season slowly winds down with a game against the Rays.

WNBA (9 P.M. ON ESPN2) Phoenix hosts Indiana in the first game of the WNBA finals.

SOCCER (2:30 P.M. AND 8 P.M. ON FSN) Arsenal hosts Olympiacos and Rangers plays Sevilla in the Champions League.

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Rea's lessons on how
to tend the fire **E5**



Think about your
brain the next
time you want to
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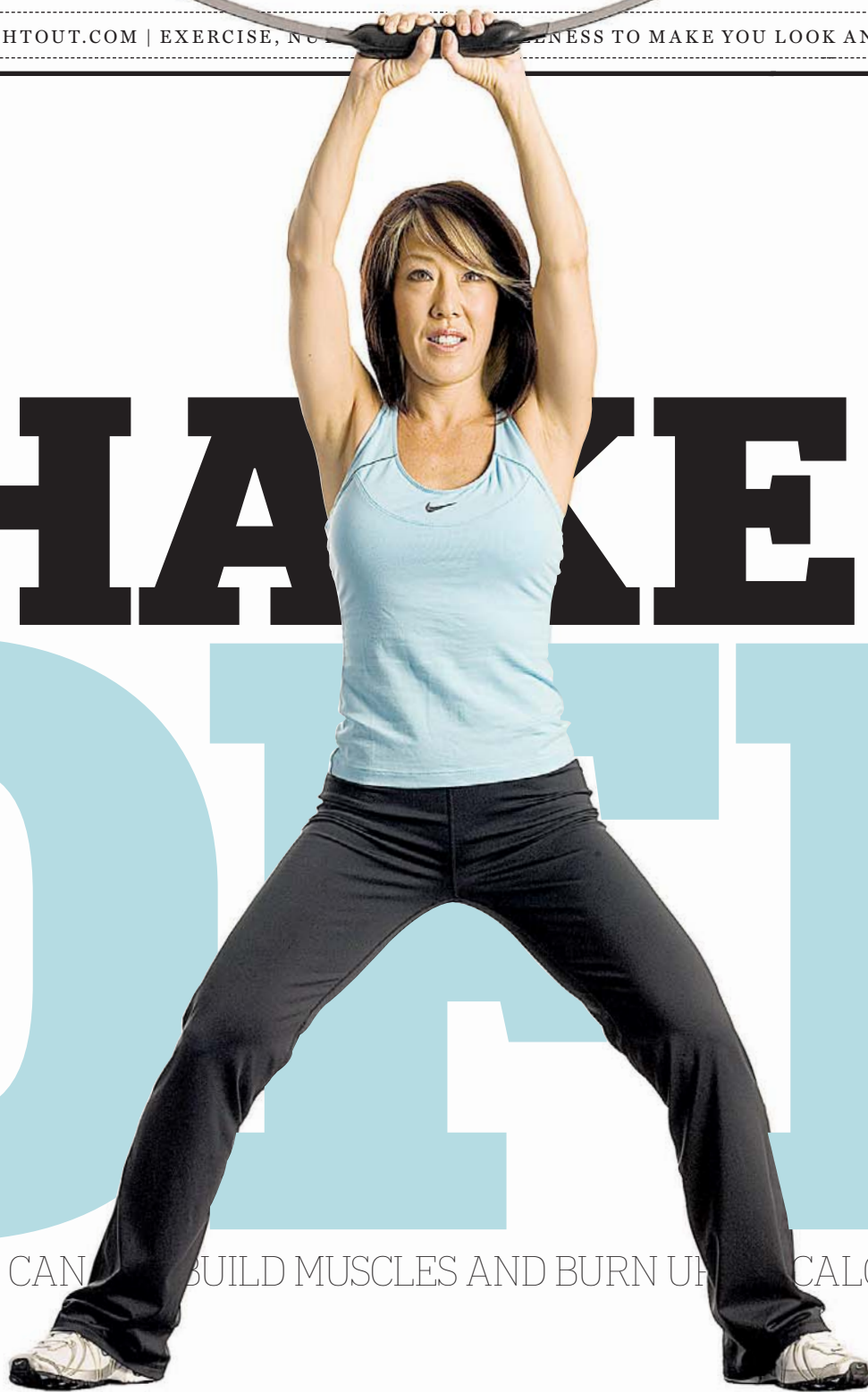
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BODYBLADE CAN BUILD MUSCLES AND BURN UP TO 500 CALORIES **E4**



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GOT ISSUES? DR. ANDREA BONIOR WILL HELP YOU SORT THEM OUT

No Need to Parade Personal Information

Q I am a happy single gay man. I date here and there, and have fun doing so. But I do not care to be overly politically active. I do not understand why so many of my friends expect me to be on a crusade. Yes, I support my community in ways that I feel comfortable with. But right now, for many reasons, including the professional choices I have made, I do not feel like marching in parades or even being out to certain people when it's more trouble than it's worth. I would appreciate some guidance on how to keep these people in my life while also letting them know that I do not feel it's my duty to be crusading for the cause every second. — NO NAME, PLEASE — THAT'S THE POINT



How about a parade that avows your distaste for parades? Seriously, the best tactic here is to be honest and respectful. In fact, at the risk of pulling out an old advice-columnist's cliché, you should tell them pretty much what

you've told me. It's important that you let them know that they have your support at least quietly: They might be mistaking your decision not to be out and about as a negative judgment about their choosing to do so. If you can continue

to be a good friend in all the other ways that matter, rest assured that people who are really interested in you, for more than just the cause, will finally get the picture.


When Parents Act Like Kids

Q My parents (long since divorced) are using my wedding as an opportunity to pick fights. They are e-mailing each other with me as a witness to bicker about every little thing. My fiancé and I are financing the wedding mostly ourselves, though my mom and stepfather have offered to chip in. But my father and mother are arguing about who gets to do what and invite who and get listed as who on the invitation; whether my father or stepfather should walk me down the aisle; and who was there for me and all this total B.S. It infuriates me to the point that I want to elope. I am really upset that they are trying to make this about them. — ANGRY, NW D.C.

I know that the fact that you are one of many who've been in this situation is of little comfort. Instead, take action to create some boundaries. First, let the latest e-mail string die down without comment from you, and remove yourself as a conduit to their communication. That means no longer e-mailing both of them at once and trying to ignore any venom with total silence.


Write them each a letter that outlines the behavior you can't tolerate (the logistical part) and tells them how stressful the discord is for you (the emotional part). Take steps with your fiancé to make things as simple as possible by cutting back; you don't have to elope, but you can scale back to reduce stress. And if your mother's offer to chip in gives her a kind of power over you that causes discomfort, decline it. No passed hors d'oeuvres trays are worth that.

@ Send your mental health and emotional wellness questions to Andrea Bonior, Ph.D., at baggage@readexpress.com. This column is not a substitute for one-on-one care.



Walk to Fight Kidney Disease

Sunday, October 25, 2009



Every dollar you raise will help the American Kidney Fund provide direct financial assistance to kidney patients in need; health education; and prevention services.

Starting Point:
916 Ellsworth Drive,
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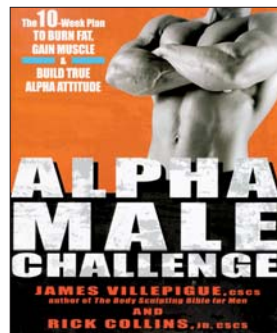
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GUINEA PIG

If the Shoe Fits
— In Your Purse

■ The premise behind Kigo portable footwear is certainly appealing — especially for those of us who log major mileage in uncomfortable high heels. The ultra-light, super-flexible slip-ons (\$50, Kigofootwear.com) fold in half for easy toting in a small handbag, so you can don them whenever the commute calls for a more sensible shoe.

The eco-friendly flats — which come in multiple colors and are crafted in part from recycled milk jugs — have a sleek, futuristic design that resembles a neoprene water sock. There isn't much stretch to the fabric, however, making it a challenge to quickly pull on. And while the fold-over system is intriguing (if a bit unnecessary, since the shoes also flatten down nicely), it also means that the arch area is lacking sturdy support that would make a long haul more comfy. BETSY LOWTHER (EXPRESS)



THIS REALLY SUCKS

The Germ Guardian 2-in-1 vacuum (\$229, Walmart.com) doesn't merely gobble up dust bunnies. Its dirt cup has Nano-silver particles that battle bacteria, and its HEPA filter nabs 99.9 percent of dust. It transforms from an upright to a canister to better attack hard-to-reach spots. Basically, it's dirt's worst nightmare.



THE MAN-UAL

If you don't have a Y chromosome, you have no business opening "Alpha Male Challenge" (\$26.99, Rodale). Like most fitness books, this one promises to help you burn fat and build muscle. But it also encourages you to use the MaleScale score to find your Alpha Factor.



NEVER CAN SMELL

While a 9-year-old might take pride in stinking up the house, the rest of the family would be much happier if the munchkin bonded with Junior Varsity Naturals Deodorant (\$6.99, Shop.jvdeodorant.com), in cherry blast or citrus sport. The formula is clear, so his pals won't know about it.



PINK UP

Renowned sports bra manufacturer Moving Comfort knows quite a bit about how to "support your girls." Now its expanding its efforts with these pink tees (\$30, Movingcomfort.com). Five dollars from each purchase will go to Bright Pink, which supports women at risk for breast cancer.

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MAINEVENT



Help to Get Across The Finish Line

■ You don't need to be able to run 10 miles to participate in the Army Ten-Miler (Armytenmiler.com). You don't even need to be in town this Sunday for the 25th anniversary of the race, the largest 10-mile event in the country (30,000 participants are signed up to run from the Pentagon this year).

Instead, you can just swing by the D.C. Armory (2001 East Capitol St. SE) this Friday (11 a.m.-8 p.m.) and Saturday (9 a.m.-7 p.m.) for the race expo. It's where runners will pick up their packets, but the action is open to everyone.

More than 75 vendors — for clothing, shoes and gear; health services; upcoming races; local gyms and more — will be hawking their wares. Expect free samples and show specials galore.

But if you're more into learning than shopping, head over to the Tandberg Interactive Zone for a series of free clinics. On the schedule: nutrition tips (Friday at 11:30 a.m.), podiatric wisdom (Saturday at 9:45 a.m.) and ChiRunning techniques (Saturday at 4:30 p.m.).

The best warm-up of all, however, might just be Saturday morning in downtown D.C. It won't be too late to lace up your shoes, head to Freedom Plaza and register for AIDS Walk Washington (Aidswalkwashington.org), a 5K that supports the Whitman-Walker Clinic. Same-day registration kicks off at 7 a.m., and the walk begins at 9:15 a.m. v.h.



You can grip Bodyblade horizontally, making it flap up and down or front to back. Or hold it vertically for some side-to-side action.

Shake Up Your Routine

The Bodyblade wakes up and strengthens all of your muscles

Getting injured wasn't part of Adam Berg's weight training plan. But busting his knee in a boating accident turned out to be not such a bad move for the personal trainer at Mint Fitness (1724 California St. NW; 202-328- 6468 Mintconditionyourself.com). That's because in rehab three years ago, he met Bodyblade (Bodyblade.com).

The device looks like a giant slap bracelet with a grip in the middle that you hold so you can get the sides to flap. Even inventor Bruce Hymanson, the physical therapist who developed it nearly 20 years ago to work with patients, admits it can appear underwhelming. "I embrace that first response of, 'Come on, you're telling me this



Bodyblade started as a physical therapy tool that promoted core stability.

stick is going to do something?' All it takes is to try it," he says.

To hold on while propelling the ends of the blade to bounce regularly is much more difficult than it looks, because whatever force you create, you must also control. "It

turns your body into an exercise machine that's trying to push you down and rotate you. The mass of your body becomes the challenge," explains Hymanson, who boasts that users experience 270 muscle contractions per minute. The other challenge is it demands every muscle get in on the action. If some are being lazy, the blade won't oscillate properly, so perfecting form trains greater activation. As Hymanson says, "It's like an orchestra learning to play together."

But although it's undeniably hard work to spend time with Bodyblade, it doesn't require a lot of impact or joint movement (which is why it's ideal for injured folks), the difficulty is scalable depending on the size of the exerciser, and it raises one's heart rate faster than traditional weight lifting, so it's also a cardio workout. These are all reasons Berg, even though he's long been healed, keeps using it and spent the summer

introducing it to the other trainers at Mint.

"I immediately saw this would be a great tool for sports," says Berg, who's not the first to come to that conclusion (it's become a staple in the training programs for college and professional sports teams). He's a fan of using the Bodyblade

“It turns your body into an exercise machine. ... The mass of your body becomes the challenge.”

— BRUCE HYMANSON
BODYBLADE INVENTOR

as you go through athletic moves, such as a tennis serve or a golf swing, because the device helps build strength throughout the entire motion. It can even improve the most basic functional actions. "Walking with a lunge while you're using Bodyblade and twisting your torso puts the whole system under duress. Do that for a week and you'll walk better," he says.

Berg's progression from Bodyblade patient to exponent is something Hymanson has become used to over the years as Bodyblade has made the transition from doctors' offices to gyms with increasing regularity. It's made huge inroads with personal training and small-group training (you'll also find it in Mark Jenkins' popular Jump Off class at Soma Fit, Somafit.com), and the next frontier is large-group exercise.

The hope is to help as many people meet Bodyblade as possible without their having to get injured in boating accidents.

VICKY HALLETT (EXPRESS)



→ Cooler temps don't mean you have to forget about lawn sports. The D.C. Bocce League has just announced the launch of an indoor season on Capitol Hill — meaning legal drinking and no weather woes. Register at www.dcbocceleague.com.



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I am proud to serve as Chairperson of the Local Federal Coordinating Committee (LFCC), the group that provides oversight for CFCNCA, the only workplace charitable giving campaign authorized for Federal employees. Our committee:

- determines the eligibility of local participating charities,
- ensures that CFCNCA adheres to all Federal regulations governing the campaign, and
- makes certain that you receive the information you need to become an active part of CFCNCA.

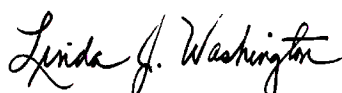
Last year, Federal employees in the National Capital Area pledged more than \$62.7 million to participating charities, a \$1.9 million increase from the prior campaign.

This response in stressful economic times clearly demonstrates the spirit of public service that we share. This year, the goal is higher because the need is greater than ever.

Giving has never been easier. You can use our online e-Giving tools to find the charities that match your interest. Then you also can fill out your Pledge Form online for payroll deduction, check or cash, or, for the first time this year, you can make an online donation through credit card or debit transaction.

If you have never participated in the CFCNCA, we invite you to join us. If you are a previous donor, we thank you for your generous support and invite you to participate once again this year. Add your individual compassion to the CFCNCA, and help us build a powerful community for good.

Sincerely,



Linda J. Washington
Chairperson, Local Federal Coordinating Committee
Combined Federal Campaign of the National Capital Area

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CFC: #61733 | United Way: #8219
202.265.2400

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Give online at
www.BreadForTheCity.org



the management of the campaign.

CFC is an efficient way to give. Your CFC of the National Capital Area has one of the lowest percentages of overhead of any CFC. Last year overhead was

8.03 percent. Receiving contributions through the CFC is one of the least expensive ways for participating organizations to raise funds, helping them to advance their missions more efficiently.

Their Potential ~ Our Commitment



For over forty years, PHILLIPS Programs has served children and youth with emotional, behavioral and mental disabilities through our two special education day schools and community service programs. Your support will ensure that our children have the opportunities they deserve!

Every child deserves a chance for success!

PHILLIPS
Programs for Children and Families
www.phillipsprograms.org

CFC # 88054

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Protecting and defending homeless, abused and abandoned animals in Washington, DC since 1870

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Our CFC #58899, our United Way #8222



The Other Silent Killer

1 in 8 Americans Has Kidney Disease

Help Us Help Others!
CFC # 11404

96 cents of every dollar the American Kidney Fund spends goes to providing financial assistance to kidney patients, and education and outreach to the millions more at risk.



American Kidney Fund®

www.kidneyfund.org
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www.cfcnca.org

This Year Go Online — It's as Easy as 1-2-3

Now you can use CFCNCA's powerful, flexible e-Giving tools to join the CFC community. Just go to www.cfcnca.org to complete the process in three easy steps:



1. Select your charities of choice.

Search our online database of more than 4,000 approved charities. You can sort charities by name, keyword, location, administrative overhead rate, CFC code number or service category (e.g., health, disaster relief, education) to learn about them and make an informed choice.


You are not required to sign in to browse charities. However, if you would like to save your charity list to view during subsequent visits to the website, use the e-Giving tools.

2. Complete the Pledge Form.


Next, follow the instructions to complete your form. Consider choosing a payroll deduction plan to spread out your giving over the year. It's easy to give more that way. Or you can make a single donation via check or cash. Plus, new this year, you can donate through a paperless process by giving via a credit/debit card or e-Check (electronic bank transfer).

3. Join the 2009 CFC community.

With one click at the end of the process you can print out the required copies of the OPM-




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WWW.REDCROSS.ORG**


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Alexandria #62761 • Arlington County #99248
Loudoun County #45497 • National Capital Area #96686
Prince William #80217



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PLEASE DESIGNATE CFC# 96456



WORLD RESOURCES INSTITUTE
PROTECTING THE PLANET AND IMPROVING PEOPLE'S LIVES

wri.org

approved Pledge Form to submit to your Keyworker, as well as one to retain for your records. Remember, even if you have completed the form online, your Keyworker must receive this printed form. For paperless, credit/debit or e-Check donations, simply inform your Keyworker for recognition.

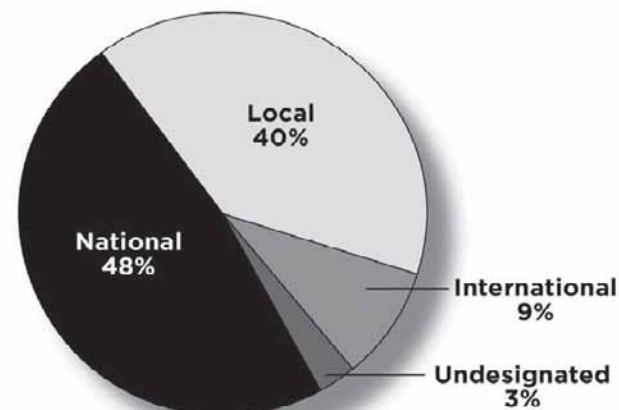
That's it! Now watch the Power of Community go to work. You can follow the progress of the campaign toward its 2009 goal on the CFCNCA website.

Announcing a New Giving Option

This year the CFCNCA is introducing a new option for donors to give to the charity of their choice. In addition to payroll deduction, check or cash, donors now can choose to use the simple paperless option of giving through credit/debit card or e-Check (electronic bank transfer).

This e-Giving option is available online at www.cfcnca.org.

2008 CFCNCA DESIGNATIONS



Where Your CFCNCA Dollars Go

In 2008, the CFCNCA community raised **\$62.7 million**.

- Donors designated more than **\$30 million** to national charities and federations.
- Donors designated **\$24.9 million** to local charities and federations.
- Donors designated more than **\$5.6 million** to international charities and federations.
- Undesignated funds totaling an additional **\$2.1 million** were shared proportionally among all charities and federations that received designations.



As a federal employee, you work every day to make sure our government serves the people. We're working to celebrate a man who did the same.

We need your support to build Dr. King's National memorial.

HELP US BY DONATING TODAY!

1-888-4-THE-DREAM

www.mlkmemorial.org/express

You can donate directly to the Memorial today by texting **MLK to 20222**.



Washington, DC Martin Luther King, Jr.
National Memorial Project Foundation, Inc.

#39468



**HELP US ENSURE A
LEGACY OF CLEAN WATER
FOR FUTURE GENERATIONS.**

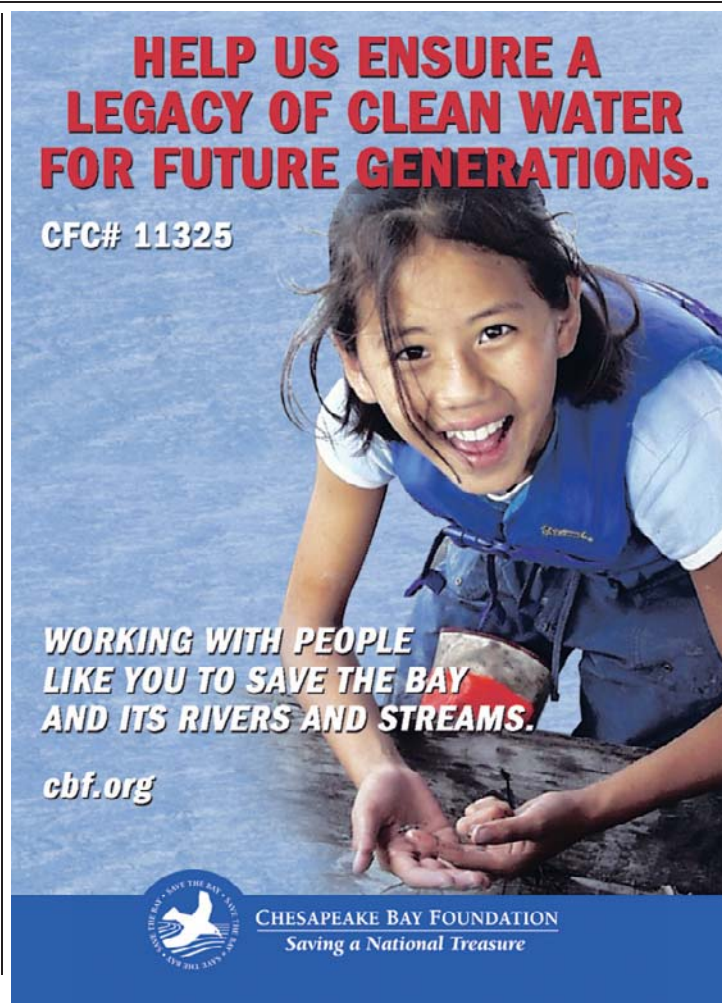
CFC# 11325

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LIKE YOU TO SAVE THE BAY
AND ITS RIVERS AND STREAMS.**

cbf.org



CHESAPEAKE BAY FOUNDATION
Saving a National Treasure



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www.cfcnca.org



Use Employee Express for Paperless Payroll Deductions

Employee Express (EEX) offers Federal employees in specified agencies the choice of making a CFC payroll deduction online. During CFC season, EEX allows you to start a CFC contribution or to review and edit a pledge entered into the system.

Begin your subscription by going to <https://www.employeeexpress.gov> and requesting a PIN. The system is available 24 hours a day, 7 days a

week during the campaign. The use of EEX for CFC is strictly optional. Employees are not required to use the system to make their CFC donation. More detailed information pertaining to the use and availability of the system can be obtained from your CFC Keyworker or Coordinator.

For a list of agencies that are participating in EEX in 2009, go to www.cfcnca.org and click on e-Giving tools.

Don't delay!

December 15, 2009

is the FINAL day of the campaign. Don't miss your chance to make a difference. Make your pledge today.

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TRAUMATIC BRAIN INJURY THERAPY • GUIDE DOGS
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CFC# 11322

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CHARITABLE SERVICE TRUST
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CFC #33317

www.dcqualitytrust.org

www.charitiesdc.org

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Greater Washington, DC



Look for these great local charities in the CFC or your workplace giving campaign.

A Wider Circle

Anacostia Watershed Society

Black Student Fund

Capital Hospice

**Catholic Charities of the
Diocese of Arlington, Inc.**

**District of Columbia College
Success Foundation**

**Duke Ellington School
of the Arts**

**Fairfax Area Christian
Emergency and Transitional
Services, Inc. (FACETS)**

**Fairfax Court Appointed
Special Advocates, Inc.**

**Higher Achievement
Program, Inc.**

House of Ruth

**Lorton Community Action
Center (LCAC)**

**Make-A-Wish Foundation® of
the Mid-Atlantic, Inc.**

**Rebuilding Together
Alexandria**

**Ronald McDonald House
Charities® of Greater
Washington D.C., Inc.**

The Shepherd's Table, Inc.

Signature Theatre, Inc.

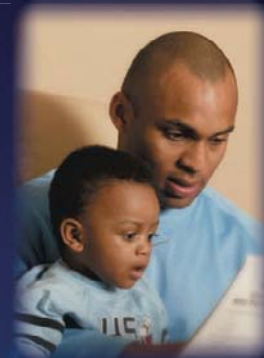
**The Wellness Community -
Greater Washington, DC**

**WETA (Greater
Washington Educational
Telecommunications
Association)**

Whitman-Walker Clinic

**Youth For Tomorrow -
New Life Center, Inc.**

**Helping You
Help Others.**



You Can Save the Lives of Endangered Wildlife and Their Habitat for Future Generations



New CFC #10624

www.defenders.org




www.AmericanRivers.org



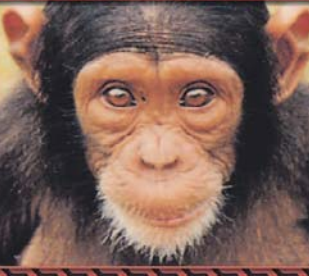
American Rivers
Thriving By Nature
CFC #12063

American Rivers is the only national organization exclusively dedicated to protecting and restoring rivers for the benefit of people, wildlife and nature.




the Jane Goodall Institute

Making A Difference For All Living Things



www.janegoodall.org

CFC# 11103



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#12053

www.nationalforests.org

National Parks Conservation

Protecting Our National Parks for Future Generations





Conserving Birds of Prey Worldwide Since 1970

THE PEREGRINE FUND

www.peregrinefund.org



Ensure Their Future




CFC# 11219




AFRICAN WILDLIFE FOUNDATION

www.awf.org



Ocean Conservancy
Start a Sea Change



CFC #11436

www.oceanconservancy.org



CFC #10252

UWNCA # 0900

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One simple way to care for it.®

Your donation through this campaign gives the support of the supplier.

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CFC #11000

sustainableharvest.org

Plant Hope

Inspiring Americans to protect wildlife for our children's future.



CFC #10622



EarthShare is...	
African Wildlife Foundation	11219
Alaska Conservation Foundation	12062
Amazon Conservation Team	10410
American Farmland Trust	10631
American Forests	10632
American Rivers	12063
American Solar Energy Society	10414
Arbor Day Foundation	11443
Bat Conservation International	12064
Beyond Pesticides	11429
Center for a New American Dream	12231
Center for Health, Environment and Justice	10633
Clean Water Fund	10636
The Conservation Fund	10630
Conservation International	11430
Defenders of Wildlife	10624
Earth Day Network	10625
Earth Island Institute	12065
Earthjustice	11090
EcoLogic Development Fund	11432
Environmental and Energy Study Institute	
Environmental Defense Fund	
Environmental Law Alliance	
Environmental Law Institute	
Forest Service Employees for Environmental Reform	
Friends of the Earth	
Friends of the National Zoo	
Galapagos Conservancy, Inc.	
Green America (Co-op America)	
Green Corps, Inc.	
League of Conservation Voters	
Izaak Walton League of America	
The Jane Goodall Institute	
Keep America Beautiful	
Land Trust Alliance	
National Audubon Society	
National Environmental Education Foundation	
National Fish and Wildlife Foundation	
National Forest Foundation	
National Parks Conservation Association	
National Wildlife Federation	
Natural Resources Defense Fund	

A better environment...it's all in a day's work.

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www.cfcnca.org

Family Becomes Whole with CFC's Help

For couples who want children, infertility is a heartbreaking issue. When Tim Koslo, a graphic designer for the Defense Intelligence Agency, and his wife were faced with that challenge eight years ago, they decided to look into adoption.

After seeing a television program about overcrowded and understaffed orphanages in China and the number of children abandoned there, they made a decision. The Koslos agreed on their destination but they needed help on their

adoption journey. That's where a local CFC-supported, non-profit agency came to their rescue.

Traditional Chinese culture places more value on sons. This attitude springs from the historic viewpoint that the son provides the primary financial support for parents in retirement. Chinese often view that daughters, upon marriage, become primarily the groom's family. Because of this long-held belief and the country's one-child-only policy, thousands of baby girls each year are given over to orphanages.

The CFC-supported

agency "helped us through all the paperwork, fingerprinting, and other steps required to be accepted as an applicant for adopting in China," Koslo said. "They were wonderful, dedicated folks who truly understood where we were coming from and where we wanted to go. They offer support and education services to aid with bringing home an institutionalized child and making them a part of your family."

The Koslos adopted their first daughter, Autumn Rose, in 2001, and then went back to China for another daughter, Camille Elizabeth, in 2004.

Without the backing and assistance from the adoption agency, Koslo said, "We never would have completed our family."

The agency sponsors orphans from many countries, Koslo added. "They also participate in the nanny program, which teaches Chinese orphanage workers how to nurture and love the babies using hugs, eye contact, talking, rocking, and exercising to aid in the babies' growth and social development," he said.

"We donate to this agency every year through the Combined Federal Campaign and hope that one day all

THE
PLEDGE



CFC #11654
www.SearchDogFoundation.org

"If you are ever trapped under a ton of rubble, I promise to find you. I promise to search with a wagging tail. I promise never to give up."



**NATIONAL DISASTER
SEARCH DOG
FOUNDATION**

Our Mission: Strengthening disaster response in America.

We recruit rescued dogs and partner them with firefighters to find people buried alive after disasters.

This ad was underwritten by SearchDogsUSA, Inc.

100% of your donation will be dedicated to rescuing dogs, and saving lives.



**American
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Our children have a **one-in-three** chance of a future with diabetes.

Help us change that future.

Support our research, information and advocacy efforts to change the future of diabetes.



CFC #11235

Please check your pledge card or donor brochure to be sure you have our correct agency name and number. Thank you for your support.

diabetes.org • 1-800-DIABETES

the orphans in China will find homes. CFC can help make a difference in the lives of children waiting for their families—and in the lives of families waiting for their children.”

Koslo gives back not just by supporting the agency that helped him, but by assisting the region's entire Combined Federal Campaign. He appears in this year's CFCNCA campaign video. In it, Koslo tells the viewer: “My family and I are here because of CFC.”

With help from a CFC-supported agency, Tim Koslo, of the Defense Intelligence Agency, and his wife, Tonya, share life with their daughters, Autumn (center) and Camille.



Return the favor.

Not for profit. Not for anyone but veterans, their needs, their families. We all depend on them. They depend on each other. And you. Thanks!

www.vfwfoundation.org



We need them. They need you.


CFC #10511



Nearly everyone has been touched by cancer.
Join us and become part of the cure.

99¢ of every dollar donated funds vital clinical research that accelerates treatment options for cancer patients. Our sole purpose is to open the doors to new possibilities so that research can have a meaningful impact, offering today's hope and tomorrow's cure.

formerly Cancer Treatment Research Foundation
CFC participant #11719

gateway  for cancer research

Gateway is a 501(c)(3) organization based in Schaumburg, Illinois and funding research around the world.

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CFCNCA Wins 6th Consecutive OPM Innovator Award

Each year the United States Office of Personnel Management (OPM) recognizes campaigns and volunteers who have made extraordinary contributions to the Combined Federal Campaign (CFC) through their dedication and creativity. For the sixth consecutive year, OPM has

honored the CFCNCA with the CFC Innovator Award.

"I give you a heartfelt and sincere thank you from the thousands, if not millions of people you've given a better life, the wildlife you've protected, the communities you've made richer, and the nation you've made stronger," said the Hon.



John Berry, Director, OPM, (far right) presented the CFC Innovator Award to (from left) Charlotte Haberaecker, Chief Operating Officer of Global Impact, which manages the CFCNCA; Louis Torchia and Barbara Jackson, members of the Local Federal Coordinating Council, which oversees CFCNCA, and Linda Washington, LFCC Chairperson.

John Berry, Director, OPM.

The campaign was acknowledged for its innovative ePledging pilot program with the U.S. Patent and Trademark Office. Nearly two-thirds of USPTO payroll donors made their pledges


through the program available via their Intranet, making it an easy, cost-effective and fully paperless process.

The CFCNCA, the nation's largest CFC campaign, experienced a sixth consecutive year of

unprecedented growth, receiving pledges in 2008 totaling \$62.7 million to help people in need. This is the highest total ever pledged to an individual campaign in the nearly 50-year history of the CFC program and amounted to \$1.9 million new dollars raised over 2007 pledges to CFCNCA.

"We are very pleased to accept this award," said Renée Acosta, President and CEO of Global Impact, which administers the campaign as its Principal Combined Fund Organization. "The needs are greater than ever, and it is very gratifying to see our efforts are making it easier to raise more funds for those who need it most."

Help Build a Future




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Please visit www.ahcinc.org to find out how you can help hundreds of children and their families build a brighter future.

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CFC #77198



AHC INC.



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Giving poor Thai children a chance... for life.

For over 30 years, we at the Mercy Centre, have worked to help the children and communities of the many slums of Bangkok. Together with our neighbors in the slums we create simple-but-progressive solutions that touch the lives of thousands of poor every day. We build and operate schools, improve family health and welfare, protect street children's rights, combat the AIDS crisis, respond to daily emergencies, and offer shelter to orphans, to street children, and to children and adults with AIDS - always together, hand in hand and heart to heart with the people we serve.

We are a partnership with the poor

CFC#19248

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www.hdcf.org
www.mercycentre.org

*Make a measurable impact
with a gift to the missions of
HSCA, MRC, and CSC charities.*



HUMANITY



Human Service Charities of America (HSCA)

and its member charities exist to improve the quality of life and provide a voice for disenfranchised and disadvantaged men, women, and children. Our charities provide vital services like education, advocacy, medical care, hunger relief, and shelter. We build strong foundations within communities and fill critical service gaps. As a donor, you can trust that HSCA and its charities meet the highest standards of accountability.

CFC #10170

Human Service Charities of America
(800) 626-2729
www.hsca.org

HEALTH



Medical Research Charities (MRC)

is a research focused federation whose member charities undergo an extensive compliance review to ensure each dollar contributed makes the intended impact. All charities represented by MRC fund and/or conduct medical research on a wide range of diseases. MRC charities know that no disease is insignificant to a patient and their family. Our charities seek a better quality of life for those living with AIDS, cancer, diabetes, genetic disorders, leukemia, and other life threatening diseases.

CFC #10899

Medical Research Charities
(888) 215-6722
www.medicalresearchcharities.org

FAITH



Christian Service Charities (CSC)

represents faith-based national and international ministries. "Christian charities you know and trust" means CSC ministries are well established organizations who are responsible stewards of your contributions. Our ministries strengthen the foundation of communities through education, small business development, vaccinations, basic medical care, and spiritual cohesiveness. Each ministry is assessed using the highest compliance standards available. As a donor, you can trust that these ministries are clear in their purpose and true to their missions.

CFC #10171

Christian Service Charities
(888) 728-2762
www.christianservicecharities.org

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TBI Survivors Receive Hope from CFC Organizations

The weather was warm and sunny on June 23, 2004. At about 5 p.m.,

Bruce Ramsay, a Physical Scientist at the National Oceanic and Atmospheric Administration (NOAA), ran along Paint Branch Parkway. Inexplicably, more than halfway through the jog, Ramsay fell.

"I had no injuries on my hands or knees," he said later,

"but I landed on my head, ending up lying half in the street."

Bruce has no memories of the fall, the six months he spent in the hospital, or the operations he endured while in a three-week coma. Surgeons replaced crushed bone around his left eye with a metal plate, closed wounds with 104 stitches, and wired shut his broken jaw. But

his worse injury by far was one his surgeons could not repair—a traumatic brain injury (TBI).

Often called an "invisible injury," severe TBI can cause impairment of high level cognitive functions. Survivors may have limited use of their arms or legs, abnormal speech or language, loss of thinking ability, or emotional problems. For Bruce, the TBI left him "with feelings of persecution and aggression." The medical care and rehabilitation therapy Bruce received included services from CFC-supported organizations and were key to his physical and emotional recovery.

Bruce went back to work in 2005, for a few unpaid hours a week. Bruce increased his hours over time and officially

returned to NOAA in 2006, gradually working up to his current 30 hours per week.

"I feel there are no tasks that I cannot do, as long as I follow my 'coping' list of how to deal with my disability," he explained recently. Playing games such as Scrabble, chess and gin rummy with his wife, Ellen, and their children helps him sharpen his decision-making skills and mathematical abilities.

"Throughout Bruce's hospitalization and for many months afterward, the concern and generosity shown by Federal Government employees were overwhelming," says his wife Ellen Ramsay, a former Internal Revenue Service employee who now does contract work with the Federal Government. In all,

AMERICAN ACADEMY OF
CHILD & ADOLESCENT
PSYCHIATRY
WWW.AACAP.ORG



Thank you

for Helping Kids Be Kids

For 12 million children, laughter does not come easily. The American Academy of Child and Adolescent Psychiatry (AACAP) is dedicated to improving the diagnosis and treatment for all children with mental illnesses and disorders.

www.aacap.org

CFC #12515

How long will it take for a cure?

canswer.

Thanks in part to the generous support that federal employees and other City of Hope supporters have given over the years, City of Hope is on a fast track to find new treatments for cancer, diabetes and other life-threatening diseases. At any given time, we're conducting hundreds of clinical trials. And what we learn in the lab, we're working to bring to our patients — quickly, safely and effectively. In fact, millions of people with diabetes benefit from synthetic human insulin developed through research conducted at City of Hope. Our research has also led to four of the leading cancer drugs that are saving lives worldwide. To find out how you can help, visit www.cityofhope.org/employeeegiving or call 800-544-3541.

Please choose CFC Code #11720 today



Science saving lives.
www.cityofhope.org/employeeegiving

"2,200 hours of annual leave were donated to Bruce."

In addition to coworkers at NOAA and IRS and friends at other agencies, "People we had never even met donated their extra hours and we later learned that many of our colleagues made contributions to TBI-related organizations through the Combined Federal Campaign," she said.

Bruce and Ellen Ramsay hope that telling Bruce's story will increase the public's awareness of traumatic brain injuries and bring some understanding of the challenges TBI survivors face daily.

"That person who gets upset at a late bus, who must sit in a particular seat on the Metro, or perhaps who

talks just a bit slowly and hesitantly may be recovering from a brain injury," explained Ellen, who now leads a brain injury support group at a DC-area hospital.

"For the majority of TBI survivors, a brain injury presents a lifelong challenge and struggle. Anything we can do to help these individuals in their efforts, including making contributions through the CFC, can provide amazing rewards."

CFC-supported organizations were key to the recovery of Bruce Ramsay, Physical Scientist at the National Oceanic and Atmospheric Administration. His wife, Ellen, now leads a brain injury support group.



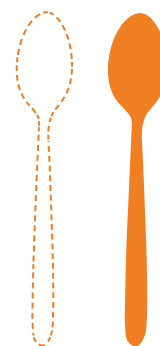
Immunize Every Child

2 million kids don't have to die of pneumonia every year

Be a part of the generation that cuts childhood deaths in half.

Join us.

CFC # 86528 | <http://everychild.gavialliance.org> | 202.478.7743



1 in 2 adults in the Washington metro area are skipping meals because they cannot afford food.

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CFC #30794**

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Ph: 202-526-5344

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Ph: 703-541-3063

CapitalAreaFoodBank.org

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www.cfcnca.org

Loaned Executives Get First-Hand Look at Charities

Raising the goal of \$64 million for charity is no easy task and involves the special talents of many dedicated government employees. Each year the CFCNCA headquarters in DC fills with executives who dedicate their leadership skills to the fund drive.

This elite corps of Loaned Executives (LEs) are a vital part of the Combined Federal Campaign (CFC). While still employees of their home agencies, they are "loaned" to the campaign for the duration of the fundraising drive (typically early August to early February). At the end of the

campaign, the LEs return to their positions at their home agencies.

The 41 LEs working with CFCNCA in 2009 will bring supervisory and leadership skills to the CFC at no cost to the campaign. They serve as a resource for agency Keyworkers and Campaign Managers, training them in the CFC processes and offering ideas and motivation to run a successful campaign. LEs are assigned to agencies that are not their home agencies, exposing them to different cultures within the Federal government.

In August, each LE participates in an

intensive two-week training program to learn the latest in fundraising techniques, new options such as the e-Giving tools, project management skills, presentation delivery and other ways to promote the CFCNCA. A highlight of the training each year is the opportunity to visit three CFCNCA charities to watch CFC dollars at work. This year, the LEs visited an international development organization, a program that provides housing for families of patients at military hospitals, and a community organization that aids the poor and homeless in Washington, DC.

The LEs found the charity tour an eye-opening experience.

"It helped me realize that the CFC is not just some big anonymous entity. The tour put a human face on the campaign," said Brad Trullinger, program management officer for the Department of Labor.

"It gave me an important real-world story that I can now share with others" said Trullinger, who is assigned to the Office of Personnel Management and two units of the U.S. Postal Service

Ferguise Mayronne, of the Department



**Every
child
deserves
a safe
childhood.**

John Walsh
NCMEC Co-Founder
Host, America's Most Wanted

***We're committed to making
sure they get one.***

CFC# 11822

Go to
www.missingkids.com
to learn more about
how you can help
keep kids safer.

NATIONAL
CENTER FOR
**MISSING &
EXPLOITED**
CHILDREN®



"I was hungry and you gave me food."
Matt. 25:35

**More than 99% of OBI's expenses go toward helping those in need.*

Operation Blessing International
CFC# 10530 800-730-2537 www.OB.org
Hunger Relief • Clean Water • Medical Aid • Disaster Relief • Orphan Care

of Transportation, agreed. "Seeing these agencies showed me the difference between a 5-digit charity code and an organization that is really going about the business of helping others," said Mayronne, who works in DOT's Office of Small and Disadvantaged Business Utilization and will be assisting the campaigns in the Administrative Offices of the U.S. Courts, the Congressional Budget Office, the Executive Office of the President, General Services Administration, House of Representatives, and Library of Congress.

"I liked seeing the diversity of the

charities. Though their missions were varied, the one common denominator they shared was they all were helping people," observed Navy Capt. Andrew Peters, who has been assigned the U.S. Air Force.

"I was able to see that real lives are affected, and not just of adults, but of children as well," said Adria Tippins, fiscal law attorney in the Office of General Law, U.S. Coast Guard, who is overseeing the Department of Homeland Security during the campaign.

These Loaned Executives are lending their talents to the 2009 Combined Federal Campaign.



For the cost of your daily Metro ride...

Photo Credit: Mia Collis

You could help save a child's life.

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ABOUT THIS SECTION

This special supplement was prepared for the Advertising Department of The Washington Post by freelance journalist **Marcy Gessel**. Editorial content was provided by The Combined Federal Campaign of The National Capital Area. The production of this supplement did not involve The Washington Post news or editorial staff.

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Fired Up for Practice

Instructor Shiva Rea assists yogis in reigniting their passion for poses

Shiva Rea, one of the world's foremost yoga instructors, has always been close to water — as a California native and surfer, the waves have served as an inspiration for her flow. But she'll be embracing another element when she comes to town Oct. 9 and 10 for a series of workshops on "tending the fire." Get more info and register at Flowyogacenter.com (sessions are \$50 before Sept. 30, \$55 after).



What does tending the fire mean?

What a universal experience — making a fire, gazing at a fire and tending a fire is the oldest meditation there is. In yoga, the metaphor has several levels. There's the fire of the life force. There's also the heart fire. Every being has at the core of the heart the light of consciousness.

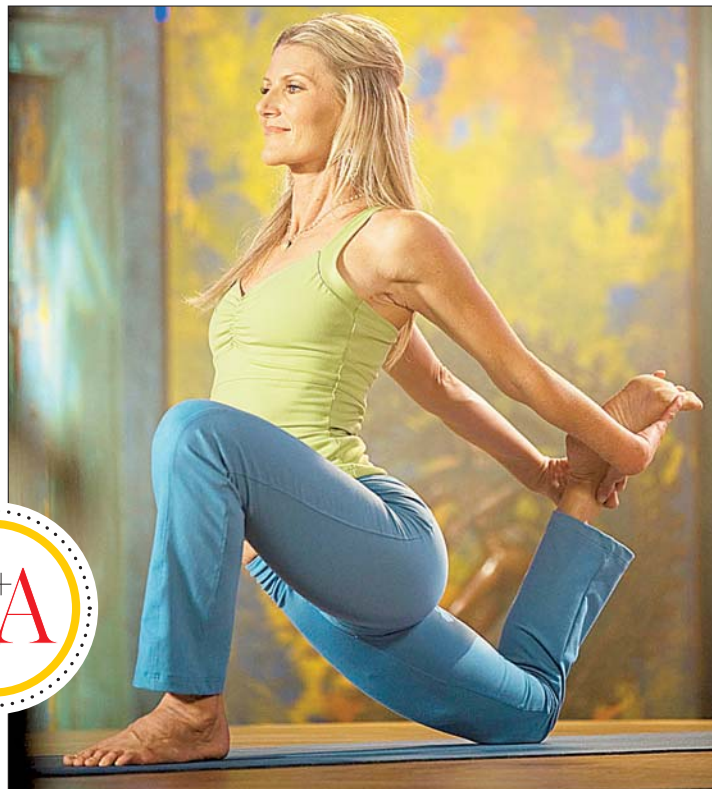
We're all involved in tending the fire of our passions, and everyone has a challenge they're working through. When you're feeling burned out or things are feeling dull in your yoga practice or life, we need tools to stoke that fire.

Describe one of these tools.

One of the main things we do is movement meditation. It's as simple as putting on music and literally opening up your body to spontaneous movement. It's usually five to 20 minutes, although some people discover that it becomes their whole practice. Before you go into the form, you explore energizing movement. You can really get in the mood for classes instead of boom, just starting.

Your last visit here was during the inauguration, right?

I fell in love with D.C. on that



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If you miss Shiva Rea when she's in town, you can get her new DVD this December.

trip. I've always loved the historic energy. The moving and shaking of the country happens there. But the practitioners were so awake and alive. It made an impact on my teaching. My role right now is like a bee. I receive the pollen and bring it all over the world.

And you're also bringing it with your DVDs. What can we expect from "Daily Energy" when it comes out this December?

I have a feeling this is one of the more important projects I've done. It synthesizes my work in practical, effective sequences. There are seven 20-minute sequences. It comes from my own life of traveling, being a mother and a creative person. It's great if you have an hour and a half for a practice, but if you have 20 minutes, you can still have an effective practice. They're very spacious, with beautiful music. I'm pleased to offer something so useful.

What would you teach the Obamas

about yoga?

What's inspiring about them is that they're obviously both in fantastic shape, but they also seem to embody a relaxed grace. That's the best of what yoga brings together. I'd like to give them three practices from that DVD — a strong, dynamic, cleansing, awakening practice. Then something to have them rejuvenate. And something that's a combination of the two.

How are you preparing your body for the start of fall?

In ayurveda, there is a helpful understanding that two weeks before the transition of the seasons is the most vulnerable time. In September, everybody's getting back into gear. There's a dynamic energy at the start of fall, but you have to manage that so you don't get stressed by November. So, we're going to rock it through October, but we'll slow down in November to keep that dynamic energy from taking over our lives.

VICKY HALLETT (EXPRESS)

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Nosh for Your Noggin

Feed your brain the right bite to get you through tough situations

Your noggin depends on a variety of nutrients to keep itself balanced. Unfortunately, Cheetos and beer aren't exactly brain foods.

So, instead of downing a gallon of Breyers the next time you're feeling down or stuffing yourself with leftover Danishes from the break room before that big presentation at work, give your body the fuel it needs. Whatever your mood, we found the snacks that will provide a brain boost to get you through even the toughest situations — without sacrificing your waistline or muscles.

ANXIETY

THE SITUATION: You need to stay sharp through a job interview.

YOUR MEAL: Half a grilled-chicken wrap at lunch, hold the mayo

HERE'S WHY: Eating between 4 and 5 ounces of protein helps your brain create dopamine and norepinephrine, neurochemicals that keep you alert, says Judith Wurtman, author of "The Serotonin Power Diet."

STRESS

THE SITUATION: You have to meet a deadline without being overwhelmed.



A bowl of popcorn can relax you before bed — just don't pair it with an action flick.

YOUR MEAL: A handful of magnesium-rich sesame seeds while you're working

HERE'S WHY: Stress hormones can deplete your body's supply of magnesium, reducing your stress-coping abilities and increasing your risk of developing high blood pressure, says Elizabeth Somer, author of "Food & Mood."

RESTLESSNESS

THE SITUATION: You need some serious shut-eye before the big day.

YOUR MEAL: Nonfat popcorn half an hour before you go to bed

HERE'S WHY: The carbs will induce your body to create serotonin, a neurochemical that makes you feel relaxed. "Make sure it's fat-free, because fat will slow the pro-

cess of boosting serotonin levels," says Somer.

DEPRESSION

THE SITUATION: Problems at home are doing you in.

YOUR MEAL: Grilled salmon or sushi for dinner

HERE'S WHY: A study in Finland found that people who eat more fish are 31 percent less likely to suffer from depression. And skip sweet, simple carbs — the inevitable sugar crash can actually deepen depression.

INSECURITY

THE SITUATION: Your confidence is waning as the night wears on.

YOUR MEAL: A snack-size chocolate bar when she's in the bathroom

HERE'S WHY: Chocolate contains a host of chemicals to brighten your mood, Somer says, including anadamine, which targets the same receptors as THC, and phenylethylamine, which produces a cozy, euphoric feeling.

CONFUSION

THE SITUATION: You've forgotten your last two deadlines.

YOUR MEAL: Pineapple chunks for a snack or a cup of berries in your oatmeal

HERE'S WHY: Antioxidants from the most colorful fruits and vegetables help pick off the free radicals that wear away at your memory. "Because your brain consumes so much oxygen, oxidants do heavy damage there," Somer says.

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MEALDEAL



Cheaper, Healthier Lunch Is in the Bag

■ Bringing your own grub to the office isn't just an easy way to address your bottom line — it's great for dealing with your bottom, too, says Mary Beth Albright, area food guru (Localfeast.blogspot.com).

"Knowing what goes into your food is a huge deal. When you go to a shop and ask for mayonnaise, you have no idea how much they're putting on," she explains. When you're fixing your own lunch, you can dole out exactly the dollop you want.

No time to prep a meal in the morning? Albright begs to differ. Sandwich making takes five minutes, compared to leaving your office, heading to a store and waiting in line. And if you pack your own snacks (think string cheese and baby carrots), you'll never need to stare at the vending machine again. VICKY HALLETT (EXPRESS)



EATING IN

Toasted Barley Soup With Swedish Meatballs

25 MINUTES; SERVES FOUR

INGREDIENTS

- 1 TSP extra-virgin olive oil
- 3/4 CUP quick-cooking barley
- 2 1/4 CUPS reduced-sodium beef broth
- 1 1/2 CUPS diced carrots
- 1 1/2 CUPS diced zucchini

- 1/2 POUND frozen, cooked Swedish meatballs
- 1 1/2 TBPS minced fresh dill or 1 1/2 tsp dried dill
- 2 1/4 CUPS water
- 1/4 TSP salt
- Ground black pepper, to taste
- 1/4 CUP reduced-fat sour cream

PREPARATION

1. In a large saucepan over medium-low, heat the oil. Add the barley and stir until it is lightly toasted, about



You can keep your sodium intake down if you whip up your own filling soups.

three minutes.

2. Add the broth, carrots, zucchini, meatballs, dill and water. Bring the soup to a simmer, cover the pot and cook over medium-low until the barley is tender, about 10 to 15 minutes.
3. Season with salt and pepper. Serve each bowl of soup topped with a tablespoon of sour cream. (AP)

286 calories, 13 g protein, 40 g carbs, 9 g fat, 18 mg cholesterol, 371 mg sodium, 8 g fiber

BETTERLIFE



ISTOCK

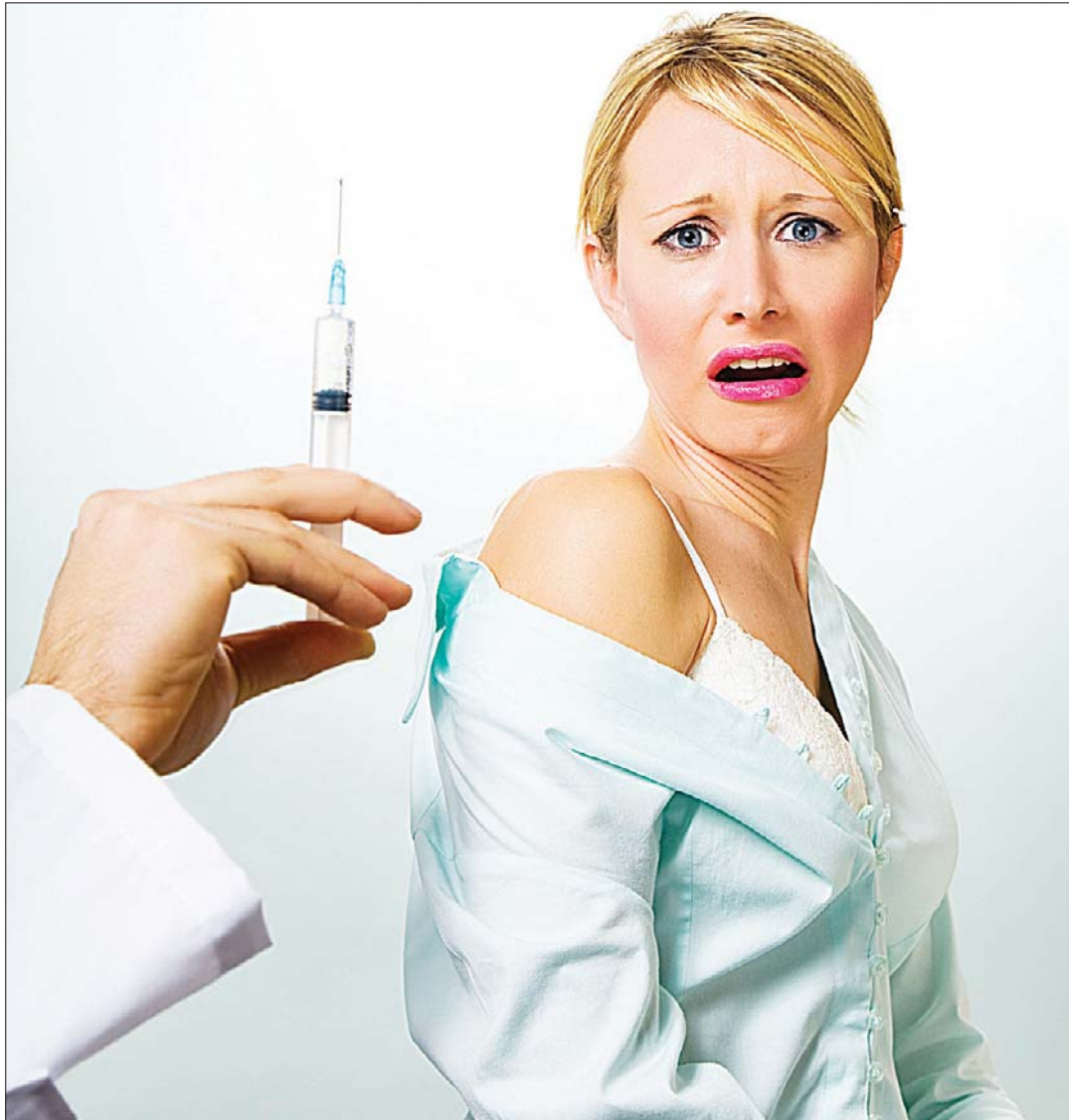
When Price Jumps, It's Time to Kick the Habit

Here's good news for smokers in Washington: Starting Thursday, our cigarette tax — already one of the highest in the country — leaps up another 50 cents, so the average pack will cost about \$7.50. No smile on your face? That's probably because you didn't realize that with every 10 percent increase in price, cigarette consumption drops 4 percent.

And Elbert Glover — director and founder of the Center for Health Behavior Research at the University of Maryland College Park School of Public Health — says a nudge can be a powerful thing. "Any time is a good time to quit. But a little motivation, from a heart attack or cost becoming too prohibitive, helps. You can take advantage of the teachable moment," he says.

But if quitting were easy, most people would have done it already. So, Glover has five tips to ease the process: Set a quit date and stick to it; get support and encouragement; learn new behaviors to reduce stress; get medication (and use it correctly); and, finally, be prepared for relapse.

If the inhaler, patch, gum, lozenge and even pills (such as Chantix) fail you, consider calling up Glover's subject recruitment line (301-405-0128). The center is about to start phase three trials for a nicotine vaccine. The series of injections may be able to prevent nicotine molecules from crossing the brain barrier and setting off those surges of dopamine that keep smokers puffing. VICKY HALLETT (EXPRESS)



ISTOCK

Your upcoming flu shot won't freak you out if you know how to ensure that the needle prick feels more like a gentle poke.

Tap Into Hidden Talents

Learn about five feats you never knew your body could manage

Women have the ability to grow an entire person (or six!) inside their bodies — which, frankly, makes Criss Angel look like a bar magician. But that's not all — the human body can perform plenty of other amazing (and useful) acts.

Stop Needle Pain!

Make your next flu shot feel less piercing by putting pressure

around the area that's about to be stuck, says Ross I. Donaldson, assistant clinical professor of medicine at UCLA's David Geffen School of Medicine.

"Make a circle with your thumb and forefinger and push down for a few seconds as you're receiving the shot," he says. By stimulating receptors for pressure or touch, you can override nearby pain receptors in your skin. "It confuses your nerves, so a shot feels more like a gentle poke than a sharp jab," Donaldson says.

Silence Hiccups!

Take the deepest breath you can,

hold it for 10 seconds, then, without exhaling, suck in more air and hold it for five more seconds. Finally — still without exhaling! — breathe in as much more air as you can squeeze in, hold for another five seconds, and exhale. Then breathe normally. This technique immobilizes the diaphragm (the muscle at the base of your lungs), preventing the spasms.

Luc Morris and his colleagues at the New York University School of Medicine tested the method on 30 patients who were prone to frequent hiccups. "It worked immediately on everyone who could do it," he says.

Break a Fainting Spell!

Cross your legs, squeeze your thighs and contract your abs. You can feel faint when your blood pressure drops and blood pools in your extremities. By tensing muscles, you keep your BP up and divert blood back to your heart and brain. University of Amsterdam researchers who tested muscle-tightening exercises found that they reduced the risk of passing out by 30 percent.

When hiccups are driving you crazy, simply immobilize your diaphragm to stop the spasms immediately.

Heal Nighttime Heartburn!

Feeling the fire during the night? Sleep on your left side. This preserves the natural curve of the esophagus, which helps keep stomach acid from creeping up. (When you sleep on your back or on your right side, gravity straightens out the curve.) A study by Graduate Hospital in Philadelphia found that frequent heartburn sufferers had fewer episodes when they slept on their left sides than when they slept on their backs or their right sides.

Hold Back Tears!

If you're tearing up at an inappropriate moment, just clear your throat. "It interrupts the mechanism in the nasal passage and larynx that controls crying," says Rebecca Nagy, a Charlotte, N.C.-based meditation expert.

Plus, after you clear your throat, you tend to swallow. This lifts your tongue to the roof of your mouth, which blocks the soft palate, making you unable to cry. "I've suggested this technique many times to brides and grooms who had trouble getting through their vows," Nagy says.

MADONNA BEHEN (REPRINTED WITH PERMISSION OF WOMEN'S HEALTH MAGAZINE © RODALE INC.)



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TIMOTHY A. CLARY/AFP/GETTY IMAGES

"This Is It" opens Oct. 28 for a limited run.

Fans Shell Out for a Last Look

Tickets to a film about Michael Jackson are selling out worldwide

HOT TOPIC | The Michael Jackson music documentary is selling out theaters around the world.

According to Sony Pictures, hundreds of show times have sold out since tickets went on sale Sunday for "Michael Jackson: This Is It."

The film was built around rehearsal footage for the late singer's planned London concerts. It opens Oct. 28 for a two-week limited run.

Advance shows in some markets the night before also are selling out. All 3,000 tickets for screenings at a Los Angeles cinema were snapped up in two hours, with some fans lining up for nearly three days to get them.

Sony says 30,000 tickets were sold in the first 24 hours they were on sale in London, while \$1 million worth of tickets were sold in Japan within the same time period. (AP)

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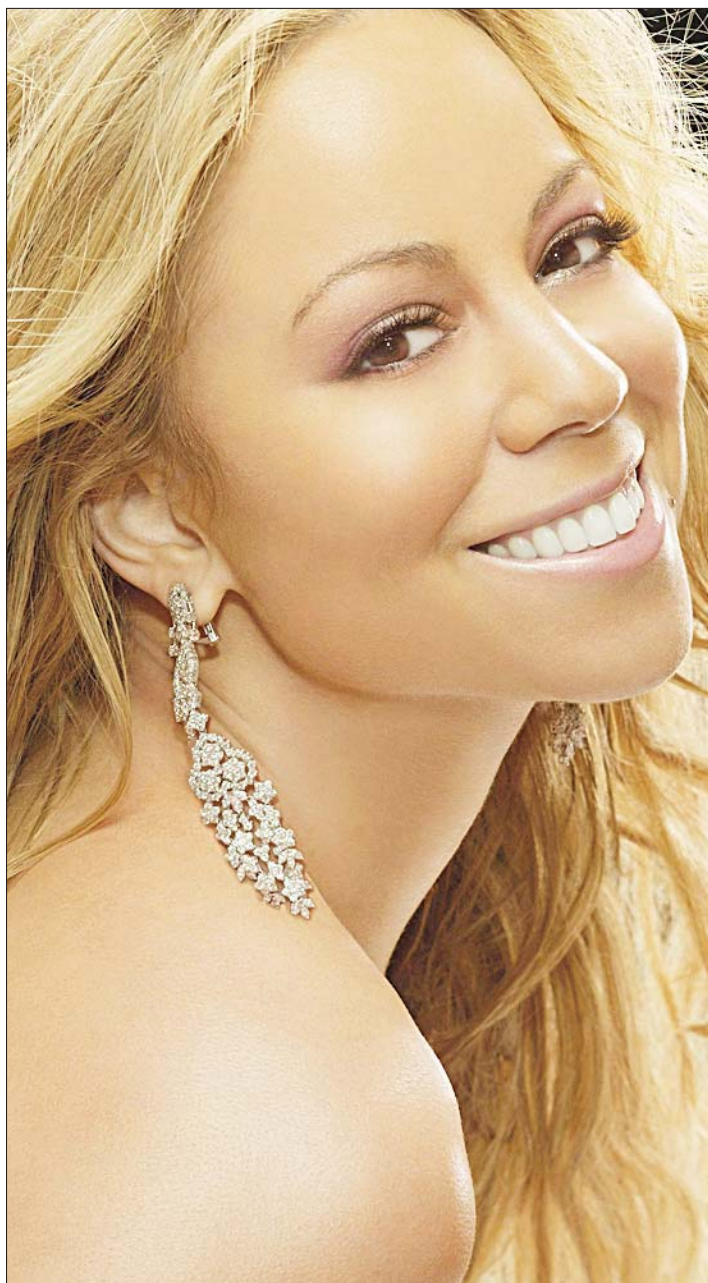
Mariah Carey's new 'Memoirs' lags and gives little insight into the artist's life

MUSIC | Nobody in contemporary R&B — not even Beyonce or Rihanna — plays the wronged woman quite so convincingly and dynamically as Mariah Carey. Her best songs this decade seem to emanate from the very moment when despondence becomes determination, as Carey gathers her composure and kisses off an errant man with so much style that he comes across as romantically radioactive.

"Welcome to a day in my life," she promises on "Betcha Gon' Know," the opening track on her 10th studio album, "Memoirs of an Imperfect Angel." It's an enticing promise, especially since we actually know so little of Carey's actual life (which in this tabloid age is a rare occurrence).

Sadly, nothing that follows gives any insight into Mariah the person or even Mariah the artist.

"Memoirs" is a surprisingly turgid album, with each song settling into an unflattering, unmoving midtempo that blanches her hooks and makes the obviously expensive beats sound more or less interchangeable. "Standing O" aims for club-filling enormity, but there's nothing underpinning her soaring wordless chorus, which sounds strangely inert instead of triumphant. "Candy Bling" lags consider-



COURTESY TWP

Sadly, "Memoirs of an Imperfect Angel" runs together into an unmemorable blur.

ably, thanks primarily to its dated finger-snap beat and unimaginative appropriation of Ahmad's 1994 hit "Back in the Day."

"Obsessed," which was released a few months ago as a single, didn't exactly storm the charts (reportedly leading to an album delay, which is becoming the ultimate industry vote of no confidence). It's not hard to figure out why: The song consists mostly of bouncing taunts, with no memorable melodies or lyrical hooks. Like too much of the album, it just sits there.

expressnighout

→ To watch Mariah Carey's "Obsessed" video and read more about her new album, visit us online.

WWW.EXPRESSNIGHTOUT.COM

Only occasionally does "Memoirs" display the joyous inventiveness of "The Emancipation of Mimi" or "E=MC2."

"Up Out My Face" shows Carey pissed and gloriously dismissive, as she rides the bounce of the beat with some of her most pointed vocals in recent memory.

And she doesn't just sell the wobbly conceit of "The Impossible," but she does so with aplomb: "Love you like a freeze pop/Love you like a milk shake/Love you like a high school on a first date," she sings in a playful coo.

A full album of such unlikely moments might have made "Memoirs" less imperfect.

STEPHEN M. DEUSNER



MOVIES Barbie Goes to Hollywood Barbie is on her way to the big screen. After months of negotiations, Universal has acquired the rights to the iconic Mattel toy to make a live-action feature. Barbie, celebrating her 50th anniversary as one of the top toy brands in the world, has never been adapted into a live-action film, though not for Hollywood's lack of trying. Mattel has been extremely protective of the brand — which has generated billions of dollars — wanting nothing to tarnish its image. (THE HOLLYWOOD REPORTER)

A Faithfull Set of Covers

The singer borrows tunes from a diverse group of artists for 'Easy Come Easy Go'

Q&A | Marianne Faithfull's latest, "Easy Come Easy Go," harks back to 1987's "Strange Weather," which remains one of her best and most popular releases. Both are covers albums, and both are produced by Hal Willner. While it doesn't quite attain the damaged beauty of its predecessor, "Easy Come Easy Go" showcases Faithfull's full interpretive range as she inhabits classics by Dolly Parton, Merle Haggard, Duke Ellington and Bessie Smith, and more recent songs by the Decemberists and Neko Case.

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→ For much more of Stephen M. Deusner's conversation with Marianne Faithfull, visit our Web site.

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Why a covers album at this time?

It was an idea that Hal and I have had for a long time. We did a very wonderful record called "Strange Weather," and although this is very different, it was still other people's songs. I'm good at interpreting other people's songs.

What do you look for in a song you want to interpret?

Truth. And a beautiful tune. Something interesting. A good story or great atmosphere, and a



Faithfull considers herself a master of musical interpretation and imitation.

great melody.

There are lots of newer songs, which come off pretty well.

Those have been very successful, and they're very successful on tour as well. I do it a bit differently to the originals, although I love the originals. I think Neko Case is fantastic. The Decemberists' "Crane Wife 3" is really a lovely song. It's been a real gas, I can tell you that.

How do you get into character for these songs?

I just work on them very hard. Hal made me a CD of all the songs, and I just listened to them again and again, sang along with them, learned the lyrics, all that stuff.

STEPHEN M. DEUSNER

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Custom-Made Script and Film

'Coco Before Chanel' was designed just for actress Audrey Tautou

FASHIONISTA | If Gabrielle "Coco" Chanel were alive, she might appear as a guest judge on "America's Next Top Model" or as a host on an episode of "Project Runway."

The famous French designer was a trendsetter, an iconoclast and a rule-breaker, who changed the look of women's fashion at the turn of the 20th century from poufy to practical. She also proved to be a determined entrepreneur who pulled herself up by her bootstraps to create a business empire.

Who else but gamine Audrey Tautou ("Amelie") could play the legendary designer?

Tautou, perhaps the most famous French actress working



"Coco Before Chanel" depicts the fashion designer's life before she was famous.

today, had been pitched other Chanel-related movie projects over the years — she bears a striking resemblance to the late designer — but nothing appealed to the popular performer until French

filmmaker Anne Fontaine ("The Girl From Monaco") proposed a focused tale about the famous designer's rise to fame.

Thus was born "Coco Before Chanel," in theaters Friday.

"The interesting thing about this movie is that it takes place in the frontier between the unknown Chanel and the famous one," says Tautou.

"The way you play a regular [biopic] part is that you observe [the subject] and try to play her as close as possible," she continues. "But in this instance, we were showing an unknown Chanel who was a mystery, so I could give my own little touches to her. That was very interesting for me."

Tautou, 33, credits writer-director Fontaine for finding just the right story to tell about the fashion designer without drawing it out into an epic.

"It's allegorical, not realistic," explains Fontaine of her narrow biographical scope. "I wanted to express Chanel's education and the way she built herself." ANGELA

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Madonna may be 51 years old, but she has the build of a yoga fiend half her age.

A Tough Act to Follow

Madonna releases a second hits collection that isn't nearly as immaculate as her first

MUSIC | It's hard to overestimate the impact Madonna has had on pop culture. During the 1980s, she wasn't just another pop star; instead, she became a super-celebrity and progenitor of tabloid culture. Books were written about her — not just fly-by-night mass-market bios but academic essays and lengthy postmodern considerations of her brand. And just as the Beatles ensured that every subsequent rock band would have to mature and experiment, Madonna made sure that future generations of pop singers would have to be mercurial, racy and transgressive.

"Celebration," her new greatest-hits package, seems like a farewell both to Warner Brothers (where she has been for nearly 30 years) and to an era of pop music that is gradually receding into the past. More than anything, it is Madonna celebrating herself. The release

is available in various formats: a 1xCD, 18-track version, a 2xCD featuring 36 tracks and a DVD featuring just about every video since the early 1980s.

True to its title, "Celebration" emphasizes her upbeat hits new and old: "Hung Up," "Lucky Star," "Into the Groove," "Ray of Light," "Beautiful Stranger" and so on. The second disc includes even more, along with slower numbers such as "Take a Bow," "Frozen" and "Live to Tell." And as with previous greatest hits, there are two new recordings meant to entice her legions of fans. Neither lives up to the high standards of "The Immaculate Collection," which

expressnightout

➔ To read more about "Celebration" and about Madonna's movie "Filth & Wisdom," please visit us online.

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had a dud ("Rescue Me") but also a classic ("Justify My Love").

If "Celebration" isn't entirely satisfying, it's not so much because the new tracks are duds, but because Madonna already has one of the greatest greatest hits in pop history in "The Immaculate Collection," which is so good it renders all subsequent collections redundant. It's essential and essentially Madonna, whereas "Celebration" is barely Madonna at all.

STEPHEN M. DEUSNER

Gone, But Obviously Not Forgotten

Alice in Chains' new album reflects a loss with lingering impact

MUSIC | Alice in Chains fans will never get over Layne Staley. To them, the iconic Seattle band died along with its enigmatic lead singer, who suffered a fatal drug overdose in 2002.

In many ways, it's true — Staley was irreplaceable — but the tex-

tured bluesy metal he created with guitarist Jerry Cantrell is intact on AIC's first effort since his death, "Black Gives Way to Blue."

Cantrell's guitar playing is still a thing of beauty, using stark acoustic guitar against hard riffs, and new member William DuVall, who plays guitar and shares vocals with Cantrell, thankfully, never succumbs to the temptation of trying to mimic Staley.

Cantrell and DuVall attempt to

answer any criticism on the disc opener "All Secrets Known" with the chorus, "There's no going back to the place we started from."

On the heavy side are "Check My Brain," the diverse "A Looking in View," and mid-tempo cuts "Lessons Learned" and "Private Hell." They also offer dark acoustic tracks in "Your Decision" and the Eastern-flavored "When the Sun Rose Again."

The disc is strong throughout

and reminiscent of the 1992 classic "Dirt" — but something is missing. Staley's persona was a big part of Alice in Chains' identity and, sadly, such a loss is something even a great band can't recover from.

Be sure to check out "Black Gives Way to Blue." The track serves as a goodbye to Staley, featuring a heartbreaking vocal by Cantrell and a surprising guest appearance — Sir Elton John on piano. JOHN KOSIK (AP)



Alice in Chains' Jerry Cantrell attempts to go on without his fallen comrade.

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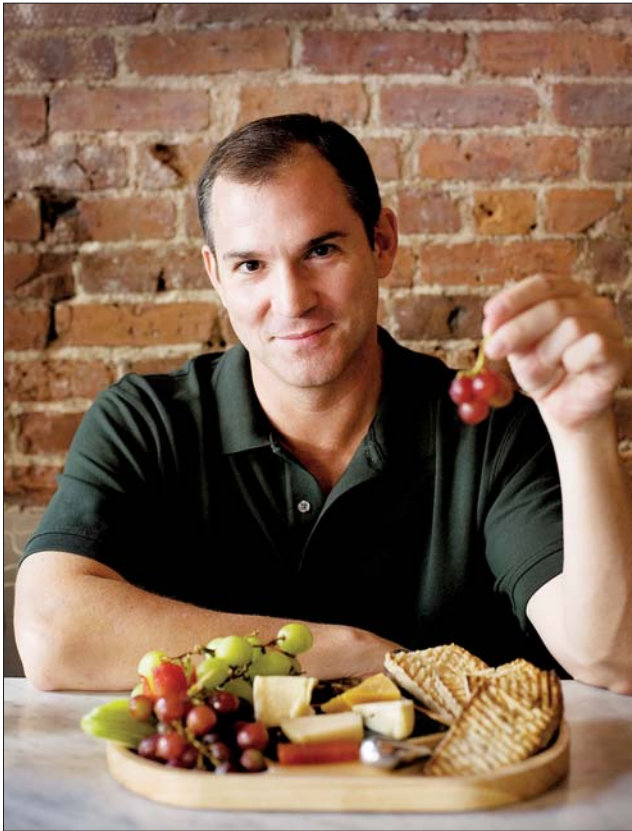
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YANINA MANOLOVA/AP

top stops

Compiled by Express' Fiona Zublin and Anne Polsky. Read more of our picks every day at Expressnightout.com/topstops.

Food Is Love

Frank Bruni follows the standard “What do you do after the New York Times?” pattern by writing a memoir. He'll be reading from “Born Round: The Secret History of a Full-Time Eater” at Politics and Prose tonight. You may wonder why a man with a food addiction would choose to be a restaurant critic, to which we say, “When life gives you lemons ...” Maureen Dowd will appear with him, for no apparent reason. A.P.

→ *Politics and Prose, 5015 Connecticut Ave. NW; 7 p.m, free; 202-364-1919, Politics-prose.com. (Van Ness)*

3 Wunderkinder

Every year, the Kennedy Center produces a play about disability written by a high school student. This year it's the 60-minute “For the Love of Goldfish,” by 16-year-old Ali Pavuk, about the romantic machinations of two co-workers who are hiding their disabilities from each other. It's a little like “The Office” in tone, and it's free. Call for reservations. F.Z.

→ *Kennedy Center, 2700 F St. NW; 7:30 p.m., free but reservations required; 202-628-2800, Kennedy-center.org. (Foggy Bottom)*



AMY SUSMAN/GETTY IMAGES

2 Poke Her Face

So, according to People magazine, Lady Gaga is NOT dating Kermit the Frog, which was pretty disappointing. But that means she'll have to do something even crazier — a music video actually filmed on the moon, for example, or a song for which she's dressed as the H1N1 virus or John Adams. We're looking forward to seeing what she'll come up with in her concert at Constitution Hall. F.Z.

→ *Constitution Hall, 1776 D St. NW; 7 p.m., \$25-\$45; 202-397-7328, Dar.org. (Farragut West)*

REGAL ENTERTAINMENT GROUP
ROCKVILLE CENTER STADIUM 13
Rockville Town Center 800-FANDANGO 248#

SURROGATES (PG-13)	(1150 210 440) 740 1010
FAME (PG)	(110 400) 710 950 1205
PANDORUM (R) - ID REQ'D	(1140 220 500) 750 1030
CLOUDY WITH A CHANCE OF MEATBALLS 3D - EVENT PRICE (PG) ★	(1130 150 410) 640 910
CLOUDY WITH A CHANCE OF MEATBALLS (PG)	(1240 320) 600 830
THE INFORMANT (R) - ID REQ'D	(120 420) 700 1000
LOVE HAPPENS (PG-13)	(200 PM 450 PM) 730 PM
OC & DA: LOVE HAPPENS (PG-13)	(1130 AM) 1020 PM
JENNIFER'S BODY (R) - ID REQ'D	(1200 230 500) 810 1040
TYLER PERRY'S: I CAN DO BAD ALL BY MYSELF (PG-13)	(1230 340) 650 940
9 (PG-13)	(1135 140 350) 630 840
ALL ABOUT STEVE (PG-13)	(1250 330) 620 850
INGLORIOUS BASTERDS (R) - ID REQ'D	(100 PM 430 PM) 800 PM

GERMANTOWN STADIUM 14
20000 Century Blvd 800-FANDANGO 445#

SURROGATES (PG-13)	(130 415) 730 1000
FAME (PG)	(145 430) 715 950
PANDORUM (R) - ID REQ'D	(200 500) 745 1020
CLOUDY WITH A CHANCE OF MEATBALLS 3D - EVENT PRICE (PG) ★	(210 440) 720 945
CLOUDY WITH A CHANCE OF MEATBALLS (PG)	(100 330) 630 900
THE INFORMANT (R) - ID REQ'D	(140 445) 745 1015
JENNIFER'S BODY (R) - ID REQ'D	(215 515) 815 1040
LOVE HAPPENS (PG-13)	(150 PM) 700 PM
OC & DA: LOVE HAPPENS (PG-13)	(420 PM) 940 PM
TYLER PERRY'S: I CAN DO BAD ALL BY MYSELF (PG-13)	(110 210 400 510) 710 810 1000 1045
9 (PG-13)	(220 450) 750 1010
INGLORIOUS BASTERDS (R) - ID REQ'D	(120 PM 450 PM) 830 PM
DISTRICT 9 (R) - ID REQ'D	(230 520) 800 1030
G.I. JOE (PG-13)	(100 340) 645 935

UA SNOWDEN SQ STADIUM 14
9161 Commerce Ctr Dr 800-FANDANGO 570#

PANDORUM (R) - ID REQ'D	(200 500) 800 1030
SURROGATES (PG-13)	(100 315 530) 745 1000
FAME (PG)	(130 400) 700 930
OC & DA: LOVE HAPPENS (PG-13)	(415 PM) 950 PM
THE INFORMANT (R) - ID REQ'D	(205 445) 730 1005
JENNIFER'S BODY (R) - ID REQ'D	(220 535) 810 1035
CLOUDY WITH A CHANCE OF MEATBALLS 3D - EVENT PRICE (PG) ★	(125 305 515) 735 945
CLOUDY WITH A CHANCE OF MEATBALLS (PG)	(125 335 545) 805 1015
LOVE HAPPENS (PG-13)	(145 PM) 715 PM
TYLER PERRY'S: I CAN DO BAD ALL BY MYSELF (PG-13)	(115 215 410 510) 650 750 925 1025
9 (PG-13)	(105 310 505) 705 915
INGLORIOUS BASTERDS (R) - ID REQ'D	(135 PM 450 PM) 815 PM
DISTRICT 9 (R) - ID REQ'D	(150 430) 720 1020
JULIE & JULIA (PG-13)	(110 355) 645 935

MAJESTIC STADIUM 20
900 Ellsworth Dr. Silver Spring, MD 240-393-4826

SURROGATES (PG-13)	(1245 150 255 405 505) 615 715 825 925 1050
FAME (PG)	(1200 100 230 340 520) 610 750 850 1020
PANDORUM (R) - ID REQ'D	(1230 200 325 430) 600 700 830 945 1100
RW & DA: LOVE HAPPENS (PG-13)	(220 500) 745 1035
CLOUDY WITH A CHANCE OF MEATBALLS 3D - EVENT PRICE (PG) ★	(1235 120 315 400 545) 635 810 905
THE INFORMANT (R) - ID REQ'D	(210 445) 710 950
JENNIFER'S BODY (R) - ID REQ'D	(1240 225 320 455) 605 720 845 955
SORORITY ROW (R) - ID REQ'D	(205 250 450) 730 1005
TYLER PERRY'S: I CAN DO BAD ALL BY MYSELF (PG-13)	(1210 515) 755 1025
9 (PG-13)	(1225 235 435) 705 935
THE FINAL DESTINATION 3D - EVENT PRICING (R) - ID REQ'D ★	1040 PM
INGLORIOUS BASTERDS (R) - ID REQ'D	(1220 335) 655 1015
DISTRICT 9 (R) - ID REQ'D	(110 355) 640 920

ROYALE STADIUM 14
6505 America Blvd. Hyattsville, MD 301-864-3456

RW: PANDORUM (R) - ID REQ'D	(140 410) 725 1015
SURROGATES (PG-13)	(145 420) 715 950
SURROGATES - DP (PG-13)	(115 340) 640 900
I HOPE THEY SERVE BEER IN HELL (R) - ID REQ'D	(120 330) 705 935
FAME (PG)	(150 445) 720 955
CLOUDY WITH A CHANCE OF MEATBALLS (PG)	(105 315 525) 735 945
THE INFORMANT (R) - ID REQ'D	(125 355) 655 940
JENNIFER'S BODY (R) - ID REQ'D	(155 425) 730 1005
LOVE HAPPENS (PG-13)	(135 415) 740 1010
SORORITY ROW (R) - ID REQ'D	(205 440) 710 1020
TYLER PERRY'S: I CAN DO BAD ALL BY MYSELF (PG-13)	(130 200 405 435) 645 745 925 1030
INGLORIOUS BASTERDS (R) - ID REQ'D	(110 PM 430 PM) 750 PM

BETHESDA 10
17272 Wisconsin Avenue 800-FANDANGO 569#

SURROGATES (PG-13)	(230 445) 710 920
FAME (PG)	(200 430) 700 935
THE INFORMANT (R) - ID REQ'D	(130 410) 740 1010
JENNIFER'S BODY (R) - ID REQ'D	(210 520) 800 1020
LOVE HAPPENS (PG-13)	(120 400) 750 1020
CLOUDY WITH A CHANCE OF MEATBALLS (PG)	(100 305 510) 720 930
DISTRICT 9 (R) - ID REQ'D	(220 455) 730 1005
JULIE & JULIA (PG-13)	(100 350) 650 940
HARRY POTTER: HALF BLOOD PRINCE (PG)	(320 PM) 630 PM
HANGOVER (R) - ID REQ'D	(100 PM) 945 PM
SURROGATES - DP (PG-13)	(140 350) 600 810 1020

BOWIE STADIUM 14
15200 National Mall Drive 800-FANDANGO 454#

THE SECRETS OF JONATHAN SPERRY (PG)	(120 340) 600 820 1030
PANDORUM (R) - ID REQ'D	(100 320) 600 815 1035
SURROGATES (PG-13)	(115 330 545) 800 1015
FAME (PG)	(230 500) 730 1000
THE INFORMANT (R) - ID REQ'D	(235 515) 745 1020
CLOUDY WITH A CHANCE OF MEATBALLS 3D - EVENT PRICE (PG) ★	(200 425) 700 930
CLOUDY WITH A CHANCE OF MEATBALLS (PG)	(240 510) 740 1010
JENNIFER'S BODY (R) - ID REQ'D	(100 335) 605 820 1030
LOVE HAPPENS (PG-13)	(220 450) 720 950
THE FINAL DESTINATION (R) - ID REQ'D	(305 PM) 750 PM
SORORITY ROW (R) - ID REQ'D	(520 PM) 955 PM
TYLER PERRY'S: I CAN DO BAD ALL BY MYSELF (PG-13)	(100 145 245 330 435 530) 615 715 815 900 1005
9 (PG-13)	(125 325 525) 725 925

GALLERY PLACE STADIUM 14
701 Seventh St NW 800-FANDANGO 1721#

SURROGATES (PG-13)	(1130 1230 200 300) 430 530 700 800 930 1030
FAME (PG)	(1140 215) 450 730 1010
PANDORUM (R) - ID REQ'D	(1135 210) 440 715 1000
OC & DA: LOVE HAPPENS (PG-13)	(235 PM) 1025 PM
THE INFORMANT (R) - ID REQ'D	(1150 1240 225) 330 500 630 745 930 1035
JENNIFER'S BODY (R) - ID REQ'D	(1155 220) 445 720 950
CLOUDY WITH A CHANCE OF MEATBALLS 3D - EVENT PRICE (PG) ★	(1200 220 435) 650 915
LOVE HAPPENS (PG-13)	(1200 PM) 510 PM 750 PM
SORORITY ROW (R) - ID REQ'D	(1220 PM)
TYLER PERRY'S: I CAN DO BAD ALL BY MYSELF (PG-13)	(1250 400) 710 1000
9 (PG-13)	(1145 150) 420 640 900
THE SEPTEMBER ISSUE (PG-13)	(1205 230) 515 740 1005
INGLORIOUS BASTERDS (R) - ID REQ'D	(1215) 345 705 1020
DISTRICT 9 (R) - ID REQ'D	(250) 535 810 1040

BALLSTON COMMON STADIUM 12
671 N Glebe Rd 800-FANDANGO 377#

THE INFORMANT (R) - ID REQ'D	(1255 155 340 440) 640 740 930 1030
CLOUDY WITH A CHANCE OF MEATBALLS (PG)	(130 355) 620 845
JENNIFER'S BODY (R) - ID REQ'D	(240 520) 800 1040
CLOUDY WITH A CHANCE OF MEATBALLS 3D - EVENT PRICE (PG) ★	(230 455) 720 945
TYLER PERRY'S: I CAN DO BAD ALL BY MYSELF (PG-13)	(200 445) 735 1025
9 (PG-13)	(215 430) 650 905
EXTRACT (R) - ID REQ'D	(1240 305 530) 910
DISTRICT 9 (R) - ID REQ'D	(120 410) 700 1000
JULIE & JULIA (PG-13)	(110 405) 710 1010
HARRY POTTER: HALF BLOOD PRINCE (PG)	(1230 PM 400 PM) 730 PM
HURT LOCKER (R) - ID REQ'D	(100 420) 725 1030

POTOMAC YARD STADIUM 16
3575 Jefferson Davis Hwy 800-FANDANGO 690#

FAME (PG)	(220 500) 740 1035
PANDORUM (R) - ID REQ'D	(230 510) 750 1045
SURROGATES (PG-13)	(1245 210 310 435 535) 700 800 925 1025
CLOUDY WITH A CHANCE OF MEATBALLS 3D - EVENT PRICE (PG) ★	(200 445) 710 935
CLOUDY WITH A CHANCE OF MEATBALLS (PG)	(200 445) 610 835
JENNIFER'S BODY (R) - ID REQ'D	(105 205 350 450) 630 730 920 1020
OC & DA: LOVE HAPPENS (PG-13)	(430 PM) 1000 PM
LOVE HAPPENS (PG-13)	(145 PM) 715 PM
SORORITY ROW (R) - ID REQ'D	945 PM
TYLER PERRY'S: I CAN DO BAD ALL BY MYSELF (PG-13)	(1230 130 235 325 425 525) 620 720 820 910 1010
9 (PG-13)	(150 420) 635 850
INGLORIOUS BASTERDS (R) - ID REQ'D	(110 PM 440 PM) 810 PM
DISTRICT 9 (R) - ID REQ'D	(1250 PM 400 PM) 650 PM
JULIE & JULIA (PG-13)	(1240 340) 640 940

KINGSTOWNE STADIUM 16
5910 Kingstowne Towne Center 703-822-4956

SURROGATES (PG-13)	(1145 1245 210 255 425 530) 645 800 900 1025
PANDORUM (R) - ID REQ'D	(110 400) 700 935
FAME (PG)	(1200 230 500) 730 1000
RW & DA: CLOUDY WITH A CHANCE OF MEATBALLS 3D - EVENT PRICE (PG) ★	(1250 305 520) 740 950
THE INFORMANT (R) - ID REQ'D	(1150 100 220 335 450) 620 720 905 1005
JENNIFER'S BODY (R) - ID REQ'D	(1220 245 515) 745 1010
CLOUDY WITH A CHANCE OF MEATBALLS 3D - EVENT PRICE (PG) ★	(1145 155 410) 630 850
LOVE HAPPENS (PG-13)	(115 415) 705 940
SORORITY ROW (R) - ID REQ'D	(120 PM)
TYLER PERRY'S: I CAN DO BAD ALL BY MYSELF (PG-13)	(1155 105 235 345 510) 655 755 930 1030
9 (PG-13)	(1230 240 445) 715 920
ALL ABOUT STEVE (PG-13)	(350 PM) 615 PM 845 PM
INGLORIOUS BASTERDS (R) - ID REQ'D	(1210 325) 640 955
DISTRICT 9 (R) - ID REQ'D	(330 PM) 925 PM
JULIE & JULIA (PG-13)	(1235 PM) 635 PM

COUNTRYSIDE STADIUM 20
45980 Regal Plaza 800-FANDANGO 394#

SURROGATES (PG-13)	(110 220 320 440 550) 700 810 920 1030
FAME (PG)	(150 430) 710 950
PANDORUM (R) - ID REQ'D	(210 455) 740 1015
CLOUDY WITH A CHANCE OF MEATBALLS 3D - EVENT PRICE (PG) ★	(1200 230 500) 730 1000
CLOUDY WITH A CHANCE OF MEATBALLS (PG)	(130 400) 630 900
THE INFORMANT (R) - ID REQ'D	(200 445) 725 1010
OC & DA: LOVE HAPPENS (PG-13)	(420 PM) 955 PM
LOVE HAPPENS (PG-13)	(1235 PM) 715 PM
JENNIFER'S BODY (R) - ID REQ'D	(120 405) 650 925
9 (PG-13)	(100 325 540) 800 1025
500 DAYS OF SUMMER (PG-13)	(135 410) 640 915
TYLER PERRY'S: I CAN DO BAD ALL BY MYSELF (PG-13)	(1240 140 335 425) 620 720 905 1005
INGLORIOUS BASTERDS (R) - ID REQ'D	(1210 310) 615 910
HARRY POTTER: HALF BLOOD PRINCE (PG)	(1205 315) 625 935
DISTRICT 9 (R) - ID REQ'D	(1210 300) 610 855
ALL ABOUT STEVE (PG-13)	(1220 550 520) 730 1020
THE PROPOSAL (PG-13)	(1250 345) 645 930
G.I. JOE (PG-13)	(1230 350) 655 945

FOX STADIUM 16
22875 Crawford Plz. Ashburn, VA 703-957-1035

SURROGATES (PG-13)	(100 210 320 430 530) 640 740 850 1010
PANDORUM (R) - ID REQ'D	(230 520) 800 1030
FAME (PG)	(140 450) 720 950
RW: THE INFORMANT (R) - ID REQ'D	(130 420) 750 1020
CLOUDY WITH A CHANCE OF MEATBALLS 3D - EVENT PRICE (PG) ★	(1235 250 500) 730 940
CLOUDY WITH A CHANCE OF MEATBALLS (PG)	(150 400) 610 830
JENNIFER'S BODY (R) - ID REQ'D	(240 540) 810 1035
LOVE HAPPENS (PG-13)	(200 445) 745 1015
TYLER PERRY'S: I CAN DO BAD ALL BY MYSELF (PG-13)	(1230 300) 600 840
9 (PG-13)	(110 310 510) 710 910
ALL ABOUT STEVE (PG-13)	(1240 350) 700 1000
INGLORIOUS BASTERDS (R) - ID REQ'D	(120 PM 440 PM) 820 PM
THE TIME TRAVELER'S WIFE (PG-13)	(1250 410) 650 930
DISTRICT 9 (R) - ID REQ'D	(1255 340) 620 900
JULIE & JULIA (PG-13)	(1245 330) 630 920

FAIRFAX TOWNE CENTER 10
4111 W Ox Road 800-FANDANGO 670#

FAME (PG)	(150 430) 720 1000
JENNIFER'S BODY (R) - ID REQ'D	(200 450) 750 1020
LOVE HAPPENS (PG-13)	(145 420) 730 1010
SORORITY ROW (R) - ID REQ'D	(410 PM) 940 PM
9 (PG-13)	(100 310 520) 740 950
EXTRACT (R) - ID REQ'D	(1240 350) 700 1000
THE GAMER (R) - ID REQ'D	(145 PM) 715 PM
THE FINAL DESTINATION 3D - EVENT PRICING (R) - ID REQ'D ★	(105 320 530) 745 1005
THE TIME TRAVELER'S WIFE (PG-13)	(120 400) 650 930
500 DAYS OF SUMMER (PG-13)	(130 350) 640 910
HARRY POTTER: HALF BLOOD PRINCE (PG)	(110 PM 440 PM) 800 PM

MANASSAS STADIUM 14
11380 Bulloch Drive 800-FANDANGO 490#

PANDORUM (R) - ID REQ'D	(1230 300 530) 800 1030
SURROGATES (PG-13)	(1240 345) 720 940
FAME (PG)	(215 515) 745 1015
THE INFORMANT (R) - ID REQ'D	(100 345) 615 900
CLOUDY WITH A CHANCE OF MEATBALLS (PG)	(1245 500) 101 925
JENNIFER'S BODY (R) - ID REQ'D	(150 440) 730 1000
THE SECRETS OF JONATHAN SPERRY (PG)	(145 430) 700 930
CLOUDY WITH A CHANCE OF MEATBALLS 3D - EVENT PRICE (PG) ★	(200 415) 630 845
LOVE HAPPENS (PG-13)	(225 510) 750 1045
TYLER PERRY'S: I CAN DO BAD ALL BY MYSELF (PG-13)	(1240 330) 645 950
9 (PG-13)	(115 350) 600 815 1020
ALL ABOUT STEVE (PG-13)	(130 400) 650 910
INGLORIOUS BASTERDS (R) - ID REQ'D	(315 PM) 715 PM 1040 PM
DISTRICT 9 (R) - ID REQ'D	(1250 340) 640 920

television **lookout**

Parks and Recreation

Tonight, TV features the great outdoors and a dancing DeLay

CONTRAST | Tom DeLay survived his first week on "Dancing With the Stars" (9 p.m., ABC). You can't blame a guy whose nickname is "The Hammer" for wanting to lighten up his image with his own version of "Wild Thing." It's enough to make you forget — or never notice — that DeLay is facing indictment.

And that's a weird place to be for a "Dancing With the Stars" contestant. Even Lil' Kim served her time behind bars before doing her cha-cha. DeLay has yet to face justice.

Cheap network stunts showcasing indicted politicians on reality shows will leave no residue except increased apathy and cynicism.



CRAIG MELLISH/PBS

Catch part three of Ken Burns' "America's Parks: America's Best Idea" tonight.

In sharp contrast, part three of "America's Parks: America's Best Idea" (8 p.m., PBS) shows how public officials and corporate leaders in the early decades of the 20th century used notions of patriotism and common national purpose to expand and popularize

the National Park System.

Ken Burns' film reminds us that the parks did not have to happen and that their creation is a product of noble attitudes about the nation we inhabit and the life and land we share. KEVIN MCDONOUGH (UNITED FEATURE SYNDICATE)

tonight's **lineup****WEIGHTY BATTLE**

The contestants on **THE BIGGEST LOSER** (8 p.m., NBC) get an offer that is very difficult to refuse, although it means losing trainers Bob Harper and Jillian Michaels for the week. Later, the players face their first temptation, which will leave the winner with control over the weigh-in.

WILD RIDE

On **90210** (8 p.m., CW), Dixon and Sasha (Tristan Wilds and guest star Mekia Cox) drive to Napa for a romantic weekend, but the return trip is even more eventful.

COMPLEX APARTMENTS

On **MELROSE PLACE** (9 p.m., CW), Sydney's (Laura Leighton) sister, Jane Mancini (guest star Josie Bissett), comes to Melrose Place and makes a startling announcement. Violet (Ashlee Simpson-Wentz) flees through a window



VIVIAN ZINK/BRavo

Jeff's intense personality costs him a friendship tonight on "Flipping Out."

when Detective Rodriguez (Nicholas Gonzalez) tries to grill her about her connection to Sydney.

SWEET SECRET

In the film **WANTED** (9 p.m., HBO),

an office drone (James McAvoy) doesn't realize that, like his father, he has secret skills as an assassin in this fast-paced adventure based on a comic-book series.

PARTY GONE WRONG

Alicia and Will (Julianna Margulies and Josh Charles) take the case of a stripper who claims she was sexually assaulted while working the bachelor party of one of Chicago's most prominent businessmen on **THE GOOD WIFE** (10 p.m., CBS). Christine Baranski, Archie Panjabi, Matt Czuchry and Chris Noth also star in the episode.

DRAMA KING

In a classic pot-and-kettle moment, Jeff becomes frustrated by the demands of some of his high-maintenance clients and considers severing ties with them on **FLIPPING OUT** (10 p.m., Bravo). Growing increasingly suspicious about Ryan, Jeff confronts his longtime friend and professional partner. (TRIBUNE MEDIA)

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GOSSIP

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SERIES First Comes Casual Sex ABC has some new "Friends With Benefits." The project will be written by "(500) Days of Summer" scribes Scott Neustadter and Michael Weber. "Wedding Crashers" director David Dobkin is on board to direct the potential pilot. "Friends" is described as a comedic dissection of the mating habits of today's young adults. (THE HOLLYWOOD REPORTER)

WeekendPass makes the weekend historic.
 Every Thursday in Express.

Poll Center

DOES JIM ZORN DESERVE TO BE FIRED AFTER SUNDAY'S LOSS TO THE LIONS?

YESTERDAY'S RESULTS AS OF 5 P.M.

YES 55%
NO 45%

"Yes, but it serves no purpose to do so after the third week in the season. Let him ride out the year and then dump him after the last game."

COMMENTER MILDLYMISANTHROPIC

"It's obvious Zorn's days as Redskins coach are numbered. Getting rid of him and Jason Campbell isn't the answer. The real problem is the owner."

COMMENTER RON THE DON

"I think it's too early to fire the coach at the moment. However, the offensive line needs restructuring and needed it years before Zorn took over."

COMMENTER TSCREAM80

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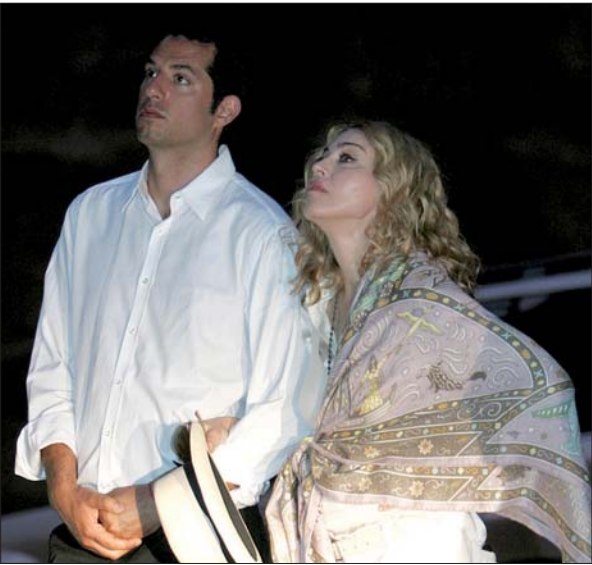
"CALM DOWN; it's not actually blood. It's just an energy drink made to look like blood, and it's served in an IV bag. There's nothing at all abnormal about this product."

NEATORAMA.COM FINDS THE NEW SUPER-REALISTICALLY PACKAGED ENERGY DRINK, BLOOD ENERGY POTION, A BIT GORY BUT ALSO SORT OF COOL.



"Apparently, Obama takes the Olympics very seriously. Of course, it's another story when it comes to the Special Olympics. AWKWARD."

FREEDOMEDEN.BLOGSPOT.COM REFERS TO THE INCIDENT IN WHICH THE PRESIDENT MADE FUN OF SPECIAL OLYMPIANS ON "THE TONIGHT SHOW WITH JAY LENO" AND POINTS OUT THAT HE'S YET TO MAKE GOOD ON HIS PROMISE TO HOST SPECIAL OLYMPICS ATHLETES AT THE WHITE HOUSE.



KHALIL MAZRAWI/AFP/GETTY IMAGES

"OK, obviously, Madonna isn't understanding the terms 'rebound' or 'toy boy.' You don't marry your rebound guy!"

BACKSEATCUDDLER.COM CAN'T BELIEVE THAT THE 51-YEAR-OLD POP SINGER IS REPORTEDLY CONSIDERING MARRYING HER 22-YEAR-OLD BOYFRIEND, JESUS LUZ.



"CLEARLY, THE BEST way to prevent meth-addicted babies is to arrest women who buy cold medication for their grandchildren."

REASON.COM/BLOG FINDS INDIANA'S ANTI-METHAMPHETAMINE LAW — WHICH FORBIDS THE PURCHASE OF MORE THAN 3 GRAMS OF EPHEDRINE OR PSEUDO-EPHEDRINE BY ONE PERSON IN A SEVEN-DAY PERIOD — ABSURD.

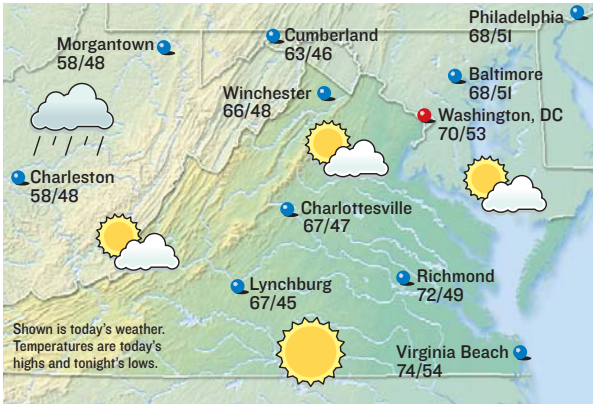
"I COMPLETED an ultramarathon. I am an ultramarathoner. This might make me certifiably crazy. Call it what you want; it's insane for someone to voluntarily run this far. And yet, I did."

WORDPERV.COM IS PLEASED AFTER RUNNING A 34-MILE RACE THIS WEEKEND.

5 Day Forecast for the Washington Area

Today	Tonight	Wednesday	Thursday	Friday	Saturday
Partly sunny	Mainly clear, cool	Partly sunny	Mostly sunny	Partly sunny	Partly sunny
70°	53°	69° / 52°	71° / 52°	71° / 59°	74° / 61°

Regional Weather



Almanac

Washington, D.C., through 4 p.m. Mon.
Temperature
High 80°
Low 57°
Normal high 75°
Normal low 57°
Average humidity 59%

Precipitation

24 hours ending 4 p.m. 0.02"
Month to date 3.23"
Normal month to date 3.55"
Year to date 29.89"
Last year to date 39.52"
Normal year to date 29.81"

For up-to-the-minute weather, see:
washingtonpost.com/weather

Regional Forecast

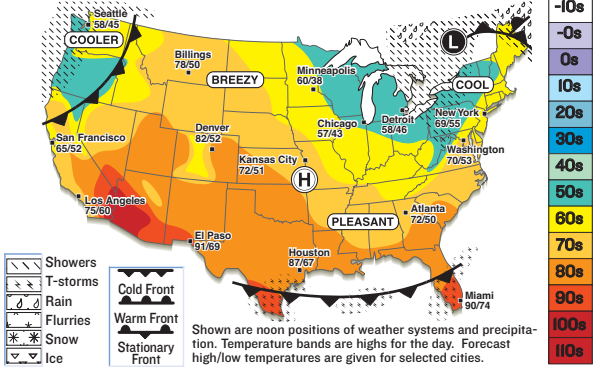
D.C. Metro: Today, partly sunny, windy. High 70. Wind west 12-25 mph. Tonight, mainly clear, cool, breezy. Low 53. Wind west-southwest 10-20 mph.

Sun and Moon

Sunrise today 7:02 a.m.
Sunset tonight 6:54 p.m.
Moonrise today 4:35 p.m.
Moonset today 2:24 a.m.



National Weather for Tuesday, September 29



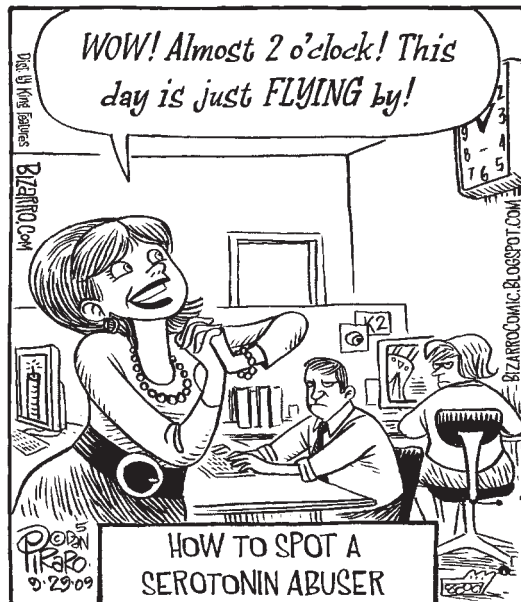
National Cities

City	Today Hi/Lo/W	Wed. Hi/Lo/W
Atlanta	72/50/s	74/53/s
Boston	70/53/pc	67/49/pc
Chicago	57/43/c	62/46/s
Dallas	83/66/s	88/72/pc
Denver	82/52/pc	72/36/t
Honolulu	88/75/s	88/75/pc
Los Angeles	75/60/pc	78/58/pc
Miami	90/74/pc	88/74/t
New York City	69/55/pc	64/52/pc
Orlando	89/65/pc	84/63/s
Seattle	58/45/sh	60/48/c

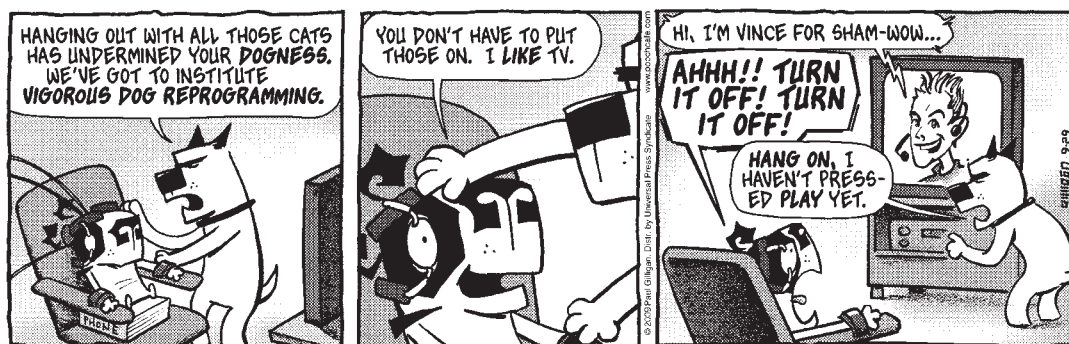
World Cities

City	Today Hi/Lo/W	Wed. Hi/Lo/W
Amsterdam	64/54/sh	63/50/r
Athens	81/67/pc	81/63/s
Berlin	65/44/sh	61/43/r
Buenos Aires	57/36/s	61/46/pc
Calgary	62/36/pc	50/31/sh
Dublin	63/48/pc	63/46/pc
Geneva	72/49/s	73/53/s
Moscow	55/37/r	50/36/s
Rome	75/57/s	75/57/s
Sydney	70/52/s	82/59/s
Tokyo	79/68/r	72/67/r

s-sunny, pc-partly cloudy, c-cloudy, sh-showers, t-thunderstorms, r-rain, sf-snow flurries, sn-snow, i-ice.

Bizarro | Dan Piraro**Cornered** | Mike Baldwin

How cases end up in civil court.

Pooch Cafe | Paul Gilligan**Pearls Before Swine** | Stephan Pastis**The Duplex** | Glenn McCoy**Horoscope**

By Stella Wilder

LIBRA (Sept. 23-Oct. 22) You'll be challenged on more than one front, but you should be able to find solace at home, where family members understand.

SCORPIO (Oct. 23-Nov. 21) You may be going back and forth between two valid choices; don't wait until the choice is made for you, however.

SAGITTARIUS (Nov. 22-Dec. 21) An impossible situation is not as difficult as you had first imagined. Once you get the lay of the land, all is well.

CAPRICORN (Dec. 22-Jan. 19) Safety is key. Don't let those you love put themselves — or you — in danger simply because they don't know better.

AQUARIUS (Jan. 20-Feb. 18) Don't try to take advantage of anyone who is willing to believe almost anything you say. Choose your words and info with care.

PISCES (Feb. 19-March 20) Now is not the time to sit still and wait for good things to come to you — because they won't. You'll have to go after what you want.

ARIES (March 21-April 19) Despite what some people will say, it's not yet good enough — and you know just what they're talking about, and what must be done.

TAURUS (April 20-May 20) You can combine the best of both worlds when faced with a choice that, in reality, isn't an either/or situation.

GEMINI (May 21-June 20) Someone you have known very well for some time is likely to turn up the heat a bit and make his or her motives very clear. Don't be rushed.

CANCER (June 21-July 22) You're not about to give up on a dream simply because others aren't willing to accept it for what it really is — very, very possible.

LEO (July 23-Aug. 22) A secret shared with a close friend is certainly safe, but don't let just anyone share in the fun.

VIRGO (Aug. 23-Sept. 22) What you do and say are being watched and heard by those who would take advantage of any weakness if they could. Be cautious.

Today in History

1943 U.S. Gen. Dwight D. Eisenhower and Italian Marshal Pietro Badoglio sign an armistice during World War II aboard the British ship Nelson off Malta.

1963 The second session of the Second Vatican Council opens in Rome.

1978 Pope John Paul I, 65, is found dead in his Vatican apartment just over a month after becoming pope.

1982 Seven people in the Chicago area die after unwittingly taking Extra-Strength Tylenol capsules laced with cyanide.

1988 The space shuttle Discovery blasts off from Cape Canaveral, Fla., marking America's return to manned space flight after the Challenger disaster.

2004 The Vatican, addressing the U.N. General Assembly's annual fall session for



Pope John Paul I was found dead in his Vatican apartment on this day in 1978.

world leaders, calls for a ban on human cloning and criticizes the war in Iraq and unilateral responses to terrorism.

Correction:

A Blog Log quote in Friday's Express was attributed to Blogs.discovermagazine.com. It should have been attributed to Blogs.discovermagazine.com/badastronomy.

lookout people



Hair spray sales have been up 75 per cent since Lady Gaga took the stage.

SCIENCE
Astronomers Puzzle Over Gaudy New Star

LADY GAGA is being honored as Billboard's "Rising Star" at the trade publication's annual Women in Music event this week. She'll be honored along with Beyonce on Friday. Beyonce was named "Woman of the Year." Lady Gaga kicks off her tour in November. (AP)

BOUGHT
Beyonce Happy to Accept Giant Pile of Racing Money



BEYONCE and Aerosmith will headline concerts at the first-ever Formula One race in Abu Dhabi, in the United Arab Emirates. The performers will open and close the Abu Dhabi Grand Prix weekend next month. The only way fans can see them is to buy tickets to the F1 race. (AP)



UNIONS
Prenup Waiting in the Wings

LAMAR ODOM and KHLOE KARDASHIAN have tied the knot. The 29-year-old Los Angeles Lakers forward and the 25-year-old reality TV starlet were married Sunday at a private residence in Beverly Hills. According to the reports, Odom's teammates Luke Walton and Sasha Vujacic attended the ceremony, along with Lakers coach Phil Jackson. (EXPRESS)

PERSONAL FINANCE
'However, Donations Are Welcome Nonetheless'

PAMELA ANDERSON has spoken out against tabloid reports insinuating that she is broke, according to People.com. "I'm financially secure, and I want to thank everyone who expressed concern for me based on these rumors," she said in a statement. "I



Pamela shakes her hair at anyone who says she's broke.

am actually touched at how much concern has been expressed for me over this. It is true that I am in a dispute with some of the contractors working on my home. This is because after paying millions of dollars to build the house, I continue to get bills from the contractors." (AP)

MANNERS
OK, Fine — It Was Our Phone. We're Really Sorry

HUGH JACKMAN recently halted a performance of Broadway production, "A Steady Rain," when a cell phone rang in the audience. A video on TMZ.com shows Jackman breaking character to tell the phone's owner, "You want to get that?" As the ringing persists, Jackman pleads: "Come on, just turn it off." He then paces the stage and waits about a minute for the ringing to stop, and the play resumes. (AP)



Whether you'd protest him or give him an ovation says a lot about who you are.

POLARIZING
Glenn Beck Destroys Unity of Hometown

GLENN BECK received a ceremonial, plaque-mounted key to the city from the mayor of his hometown, and a minute-long standing ovation as hundreds of protesters gathered outside. Beck's visit Saturday to Mount Vernon, Wash., an agricultural city of 31,000 people, had sparked weeks of protests and petitions calling for the cancellation of the visit. (AP)

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puzzles lookout

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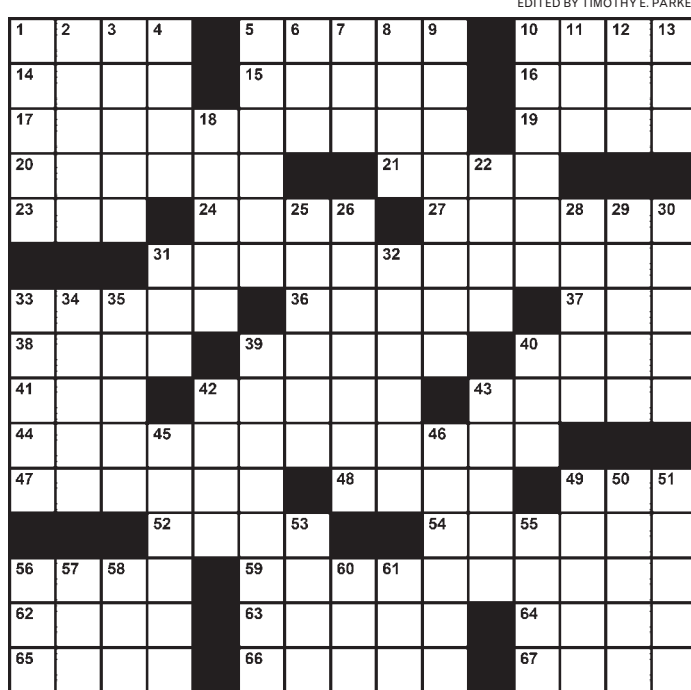
ACROSS

1 "Poppycock!"
5 Happy as ____
10 Autumn birthstone
14 Operatic offering
15 "____ Lady" (Tom Jones song)
16 Cabbie's customer
17 Hardly decisive
19 Abscond
20 Apartment dweller
21 "CSI" actor George
23 Not aboveboard
24 Big name in foreign news, ITAR-____
27 At a rapid tempo, in music
31 Sound of little feet
33 "His" towel owners
36 0.45 kgs
37 Spanish for "that girl"
38 It's out of your mind
39 Skier's quarters
40 Beelzebub's bailiwick
41 "Where ____ sign?"
42 Coral Sea gulf
43 Subtle emanations
44 1958 Bobby Darin hit
47 Acted the coquette
48 1999 combatant
49 A foot has 304.8 (abbr.)
52 Amino or hydrochloric
54 Eye intently
56 Friend of Otter and Mole
59 Waste time vacillating

62 Ship that sailed to Colchis, in myth
63 "Let's Make ____" (game show)
64 The Who name
65 Just around the corner
66 Blackjack player's cry
67 Watery expanses

DOWN

1 Cries one's eyes out
2 A college at Oxford
3 "Badlands" star Spacek
4 Cries of derision
5 Something hard workers break?
6 Dance half
7 Gibson ____ Paul (guitar)
8 Court king Arthur
9 Wild mandrake
10 Counter balance
11 Trusted chum
12 "Blessed ____ the meek ..."
13 "He Got Game" director Spike
18 Abominable Snowmen
22 Blah
25 Brownstone features
26 Parodies
28 "Rawhide" beast
29 Contemporary of Edison
30 Academic hurdles
31 "Once Upon a Mattress" legume
32 Wine and dine
33 In the ____ of (among)



EDITED BY TIMOTHY E. PARKER

34 Rope-____ (Ali's strategy)
35 Priestess in Bizet's "The Pearl Fishers"
39 Hoity-toity
40 "Excuse me?"
42 There are 60 trillion in a min.
43 Equally awful
45 Joe Lieberman's middle name
46 Diamond-shaped pattern
49 Bar brawl

50 122-square-mile Mediterranean republic
51 Eyelid maladies
53 "Little ____ know ..."
55 Blasts with a ray gun
56 Acquire a bronze tone
57 Lorry lode, perhaps
58 ____ Khan
60 ____ bygones be bygones
61 Felonious flight

Yesterday's Solution



SUDOKU | MEDIUM

Fill in the boxes so each row, column and 3-by-3 square includes the digits 1 through 9. See www.sudoku.com for solution, tips and computer program.

Need more Su/do/ku?

Find another Sudoku puzzle in the Comics section of the Post every Sunday and in the Style section Monday through Saturday.

Yesterday's Solution

7	3	6	8	2	5	1	9	4
2	8	5	1	9	4	3	7	6
4	9	1	6	7	3	5	2	8
1	7	9	5	6	2	4	8	3
8	5	3	7	4	1	9	6	2
6	4	2	9	3	8	7	1	5
9	1	4	2	5	6	8	3	7
5	2	7	3	8	9	6	4	1
3	6	8	4	1	7	2	5	9

		8			2	1		
			9	4			5	
			8				6	4
5	3	2						
				1				
						2	9	8
2	7				8			
	1				9	6		
		6	5			7		

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TEL: 202-334-6800 | FAX: 202-334-9777 | CIRCULATION: 202-334-6992 | ADVERTISING: 202-334-6732 OR ADS@READEXPRESS.COM | CLASSIFIEDS: 202-334-6200



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